CELEBRATING **GOOD** 130 YEARS

GOOD HOUSEKEEPING

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the MAKEOVER issue

56 ways to EAT HEALTHY TONIGHT

LOOK YOUNGER NOW

BRIGHTEN EVERY ROOM

REST, RELAX & LOSE WEIGHT

JUST PAINT IT!

BEFORE | AFTER

7 HABITS TO **OUTSMART A COLD**

TRIED+TESTED | WINE FRIDGES | **BEDDING** | AGE ERASERS

LUXURY BEAUTY FOR LESS

The experts in the Good Housekeeping Institute Beauty Lab rigorously test facial moisturizers to identify which ones work...and which aren't worth the hype (or the money!). Using a Corneometer® (a device that measures skin moisture), our findings revealed that you don't have to break the bank to get serious results.





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"Olay Regenerist Micro-Sculpting Cream kept skin more hydrated than a $350 luxury cream."

—Good Housekeeping, 2015

BEST of the TEST!

The unique formulation penetrates and hydrates deep into the skin's surface layers to lift, firm and plump, showing results in just one day.

WHAT'S IN THE PRODUCT?

1 HYALURONIC ACID
Acts like a "super-sponge," absorbing 1000x its weight in water, for more hydrated, smoother skin.

2 AMINO-PEPTIDES
Peptides have the potential to regenerate the natural production of collagen, for firmer, more youthful skin, and over time can help reduce the look of fine lines and wrinkles.

3 VITAMIN B3
Exfoliates to aid surface skin turnover and reveal younger-looking skin.

To see more of the science behind the beauty, visit **goodhousekeeping.com/olay**

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RESULTS *without the* PROCEDURE

Micro-Sculpting Cream, formulated with **Hyaluronic Acid, Amino-Peptides** and **Vitamin B3,** hydrates to lift, plump and firm your skin.



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GOOD HOUSEKEEPING

JANUARY
2016



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Enter for a chance to score a luxury spa vacation!

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Sleep

Wake

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everyone's CUP OF TEA

Kicking back at a spa is a heavenly fantasy for many of us, but for some, the idea of being poked and prodded while half-naked just isn't our thing. I learned this firsthand one Christmas when I gave my mother-in-law a spa certificate. I wanted to make sure she used it (you know how gift cards can languish in the back of a drawer), so the next time she was in town, I booked us for a half-day of services. I pictured us having a lovely time unwinding. It never occurred to me that for her, the outing might not be all that...until I found her in the lounge, back in her street clothes, an hour before we were supposed to meet up. Turns out she would've preferred to have spent the time together sipping tea at home in front of the fire—which we later did!

While we might not all wish to don a spa robe, I'd bet each of us craves ways to feel healthy, de-stressed and refreshed as we head into the new year. That's why I love our Makeover Issue. It's packed with exciting ideas to help us rethink our lives: colorful painting projects, tasty meals, soothing sleep solutions and so much more. Of course, it's not a one-size-fits-all prescription: You can make your own adventure, choosing from crafts; new exercises; *no* exercises(!); and cozy, indulgent comfort food—or deliciously reimagined lighter versions. No need for expensive spa services, whether you want them or not. (But if you do, do *not* miss your chance to win a luxurious spa vacation on us—see page 128. Or perhaps you'd rather bring home that gorgeous dresser on our cover. It could be yours! See page 129.)

Jane Francisco,
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WE WANT TO HEAR FROM YOU! #THATSGOODHOUSEKEEPING



simplyalexandra12
Some fall reading tonight. I just love Good Housekeeping's rebrand. This is by far the most gorgeous one yet!



marywalsh2200
#thatsgoodhousekeeping snake Rice Krispie treat



emmygottschalk
Blue Cheese Lemon Pasta from the latest @goodhousekeeping This is a 30-minute meal that is healthy (under 500 calories!)



mrsclh
The new Good Housekeeping just arrived & it's SO good! Totally feeling inspired to create my own color-filled Thanksgiving table with flowers & new twist on classic recipes.

LET'S CONNECT *Keep sharing your #thatsgoodhousekeeping moments, and follow us: @goodhousekeeping. We're sending each of these readers a special surprise. You could be next!*

Sian Richards (Jane)

Sculpt. Fill. Highlight.
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1
/ sculpt with wax



2
/ fill with powder



3
/ highlight for accent

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Gigi is wearing New Brow Drama® Pro Palette in Soft Brown.
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Dermatologist Recommended for Scars and Stretch Marks.

GfK, 2014



"I picked up Bio-Oil on a whim while walking through the pharmacy. The product works. I am 47 years old and I have a few stretch marks, a couple of old faded scars, and dark bags under my eyes. After using Bio-Oil the appearance of the stretch marks is better, the bags are less noticeable (I get compliments all the time now on how young my face looks) and the scars also look way better. I will continue to buy Bio-Oil. It works." Phenix Hall

Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for aging and dehydrated skin. For comprehensive product information please visit bio-oil.com. Bio-Oil is available at pharmacies and selected retailers at the recommended selling price of $11.99 (2fl.oz.). Individual results will vary.

YOUR STYLE



Scarf, **$20, mindy maesmarket.com (20% off sitewide with code GHKMINDY20).** Coat, **$149, zara.com.**

FASHION & BEAUTY CHECKLIST

- ☐ **THE INDOOR/ OUTDOOR COAT**
- ☐ **PRETTY PONYTAIL**
- ☐ **SKIN SAVERS**
- ☐ **BAG CHARMS**
- ☐ **BLACK PANTS + WHITE SHIRT**
- ☐ **PERFECT BROWS**
- ☐ **WINTER HAIR RESCUE**
- ☐ **CUTE BOOTS**
- ☐ **BEAUTY LOOT** (YOU COULD WIN!)

WISE BUY

The Jacket Coat

The versatile weight of this plaid topper (hot pattern alert!) means it can warm you up on a brisk walk or be draped over your shoulders at the office.

Photograph by Mike Garten; styling by Miako Katoh.

ASK APRIL



April Franzino
Beauty Director
@aprilfranzino

I love wearing a ponytail, but mine always looks limp. Help!

A. Here's how to fake fullness fast: Once your pony is in place, spritz a dry volumizing or texturizing spray (such as Garnier Fructis Style De-Constructed Texture Tease Dry Touch Finish Spray, $3) all over the tail, then back-comb its underside for lift, says Sunnie Brook Jones, celeb hairstylist for Head & Shoulders.

HAVE A QUESTION?
E-MAIL ASKAPRIL
@GOODHOUSEKEEPING.COM.

GH on your side

WORTH YOUR TIME? or NOT WORTH A DIME?



TRY IT

THE TREND:

SKINCARE BOOSTERS

These elixirs are meant to be applied before regular serum or moisturizer to enhance the benefits of your skincare.

LAB LOWDOWN Of the so-called boosters we evaluated, only one passed muster. "Study results show our pick amplified the effectiveness of the brand's other skincare products, by improving skin's barrier," says Senior Chemist Sabina Burdzovic-Wizemann.

GH Beauty Lab pick: Elizabeth Arden Superstart Skin Renewal Booster, $65



MAYBE

THE TREND:

MINIMALIST INGREDIENTS

Inspired by the pure-food movement, skincare brands like Chanel and S.W. Basics are launching products promoting a small number of simple ingredients (usually three to 10).

LAB LOWDOWN The number of ingredients doesn't necessarily impact performance, but minimal formulas could be a good option if you're chemical-conscious or have a sensitive complexion.

GH Beauty Lab pick: S.W. Basics Cleanser, $22, target.com



SKIP IT

THE TREND:

"V" SERUMS

Originating in Asia, products in this hot category claim to use active ingredients like caffeine and peptides to sculpt your face into a desirable "V" shape, with lifted, volumized cheeks and a contoured jawline.

LAB LOWDOWN A serum can't mimic plastic surgery. "These contain similar ingredients to traditional anti-aging serums," says Burdzovic-Wizemann.

instant update

ADD SOME CHARM

Bored with your bag? Clip on a cute charm. Whether you go with a preppy monogram or a furry pom-pom, it's totes cheaper than a fancy new purse!



DEAL OF THE MONTH!

Bag, $35, oldnavy.com.

Charm, $58, moonandlola.com.



Charm, $29, patricianashdesigns.com. **Bag,** $80, galianonline.com.

Photographs by Mike Garten; iStockphoto ("V" serums).


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shop your closet

2 KEY PIECES, **3 WAYS**

GH Style Director Lori Bergamotto wore a pair of **black pants** and a simple **white shirt** for a week and nobody noticed! Steal her sneaky outfit ideas.

THE SHIRT
A collared white button-down offers the most versatility.
Shirt, $50, gap.com

Vest, Greylin, $158, amazon.com

Necklace, $95, rjgraziano.com

Bag, **Misha Nonoo x Aldo Risa, $85, aldoshoes.com**

THE PANTS
A straight-leg cut in solid black goes with everything.
Pants, Elle, $50, kohls.com



On day four of her experiment, Lori added oodles of pearls and a bright pink cardigan.

Sweater, $149, anntaylor.com

Bag, $65, sole society.com

Heels, Antonio Melani, $98, dillards.com

Heels, $79, marc fisherfootwear.com

MORE FOR LESS!

Try these outfit-making finds—all under $50

$25, oldnavy.com

$18, fantas-eyes.com

$50, gap.com

$49, moonandlola.com

Photographs by Mike Garten; styling by Miako Katoh.

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beauty hack

QUICK BROW FIX

You know how a few highlights give your hair dimension and the illusion of thickness? Works for brows, too! Run a special brow highlighter, like one of our selects below, over your arches (either bare or filled in) from inner corners out, or visit a pro to have your brows dyed. **Editor's trick:** Don't have a highlighter? Use a powder eye shadow one shade lighter than your brows.

Try (clockwise from top left): Pixi by Petra Brow Brightener in Golden Glaze, $12, Target; Smashbox Brow Tech Highlight Stick, $21, Sephora; Becca Shadow & Light Brow Contour Mousse, $25, sephora.com.



tried + tested

WINTER HAIR RESCUE

It's not just skin that's susceptible to dryness and damage from the elements: Strands also suffer. The newest healing and shielding ingredient sprouting up in haircare? Quinoa—yes, the nutritional golden grain. Because it's high in protein (hair's main component), it's purported to help fortify and protect damaged hair, explains Burdzovic-Wizemann.



BEAUTY LAB LOWDOWN

Like an invisible coat for your hair, "quinoa proteins are good at forming a film on an individual strand's surface, reducing breakage and moisture loss," says Burdzovic-Wizemann. "Our standouts contain the highest quantities of the ingredient."

GH Beauty Lab picks: Paul Mitchell Ultimate Color Repair Triple Rescue, $20, paulmitchell.com for salon locations; Aveda Damage Remedy Restructuring Conditioner, $29, aveda.com.

3 of the best

CUTE BOOTS



Indigo Rd, $69, amazon.com

Ivanka Trump, $189, nordstrom.com

$98, toms.com

Photographs by Mike Garten

ITCH RELIEF

INSTANT SKIN SAVER Sure, body lotion relieves dry skin flaking, but what about the itchiness? This moisturizer has cooling eucalyptus extract to quell it. Curél Itch Defense Soothing Moisturizing Spray, $9





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Based on ProVoice Survey, July to September 2015



Nars Steven Klein Dual Intensity Blush in Vengeful, $45, Sephora

1

YOU COULD **WIN** BEAUTY LOOT!
Details, page 129

hot list

YOUR BEAUTY BAG

1. SCULPT CHEEKS
Buff the blush on apples, then the highlighter higher on cheekbones.

2. DECORATE ANY 'DO
Bobby pins so sharp, you'll want to show them off.

3. SPA AT HOME
A sprinkling of these Dead Sea and Himalayan pink salts in the bath makes us say "ahh."

4. PRIMP ON THE GO
One of the two mirrors in fashion designer Karen Walker's tortoiseshell-print 24k gold–plated compact is magnifying!

5. TRY A FRESH SCENT
We love this down-to-earth mix of green tea, peony and woods.

6. SOFTEN STRANDS
Healing hair oils in handy travel tubes.

7. UPDATE YOUR MANI
Winter's metallic: multicolored chrome.

8. GET A "TAN"
Fake a vacay with self-tanner in subtle, fast-absorbing serum form.

9. GRAB SOME GLITTER
Small enough to fit inside a purse, pretty enough to become one.



Sephora Collection Jingle & Mingle Hair Barrettes, $9

2



3 Herbivore Botanicals Calm Bath Salts, $18, herbivorebotanicals.com



B. Balenciaga Skin Eau de Parfum, $110, Neiman Marcus

5



Karen Walker for Sephora Collection Amber Craft: Mirror Compact, $48

4

LUST



7 Chanel Nail Colour in Troublante, $27

MUST



China Glaze Nail Lacquer in Cabin Fever, $8, lockandmane.com



6 Hask Macadamia Moisturizing Hair Oil and Coconut Nourishing Hair Oil, $3 each, ulta.com

8 L'Oréal Paris Sublime Bronze Self-Tanning Serum, $11



9 Stephanie Johnson Ava Small Cosmetic in Sunset Blvd. Gold, $38, stephaniejohnson.com

Photographs by Mike Garten


The New York Times
"EXQUISITELY DIRECTED BY TODD HAYNES."
Manohla Dargis
THE WALL STREET JOURNAL.
"CATE BLANCHETT AND ROONEY MARA ARE SUPERB."
Joe Morgenstern
CATE BLANCHETT
ROONEY MARA
CAROL
VANITY FAIR
"A GORGEOUS MOVIE. THOUGHTFUL AND BEAUTIFULLY BUILT BY TODD HAYNES. CATE BLANCHETT AND ROONEY MARA ARE FABULOUS."
Richard Lawson
DIRECTED BY TODD HAYNES
SCREENPLAY BY PHYLLIS NAGY
FROM A NOVEL BY THE AUTHOR OF THE TALENTED MR. RIPLEY
R
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THE NEW SECRET TO A YOUTHFUL Glow

The beauty industry is exploding with launches of **face oils,** the latest and buzziest new anti-aging innovation. So the GH Beauty Lab set out to discover if they actually deliver. After an exhaustive evaluation of nearly 200 products, our chemists share why these new oils may be the key to looking younger longer! →

by **APRIL FRANZINO**

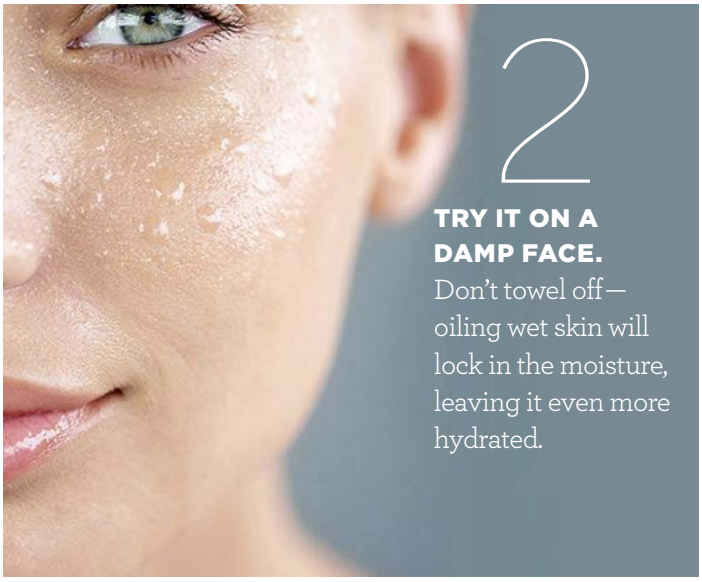
Photograph by Sergio Kurhajec; makeup by Katey Denno, using Burt's Bees, for The Wall Group; hair by Casey Geren, using Kevin Murphy, for abtp.com.

8 SLICK ANTI-AGING TRICKS

NOPE. FACE OIL WILL NOT LEAVE YOU GREASY. What it *will* do, as confirmed by the GH Beauty Lab's tests: hydrate and soften skin; smooth lines and wrinkles; firm and plump; and enhance your glow. So how does it work? Pretty simple: It mimics or replenishes your skin's natural oils. But you can't just slather cooking oil on your face and expect gorgeous skin. (Well you *could,* but ick!) "In our Lab and consumer studies, we found that 100% pure oils didn't work as well," explains GH Beauty Lab Chemist Danusia Wnek. Instead, the most effective and pleasant-to-use face oils are blends of highly concentrated natural botanical oils—e.g., grapeseed, sunflower, almond—and skincare ingredients such as emollients. "The extras help enhance the oils' application, feel and scent for best performance," adds Wnek. *Turn to page 25 for our top-tested picks, and use the techniques at right to look positively striking.*

1

CHEAT ON YOUR MOISTURIZER. Any time you wash your face (morning, noon or night), apply face oil to clean, dry skin, Wnek says. Follow with your regular skincare if you wish, but in our test, volunteers used a face oil as their sole moisturizer—and for most, it was all they needed!



2

TRY IT ON A DAMP FACE. Don't towel off—oiling wet skin will lock in the moisture, leaving it even more hydrated.

3

BE A LITTLE STINGY. OK, it *is* oil, so there's slight potential for hypershine... but only if you overdo it. Use a drop or two, adding more if you need additional coverage, Wnek suggests.



4

TAP IT ON. **Dispense** oil **onto your fingertips,** gently **tapping it** onto **your face** until **it's absorb**ed.

5

MIX IT INTO YOUR SKINCARE. If you're hesitant to try a face oil or simply want to give superpowers to your go-to moisturizer, put a dollop of moisturizer in your palm, add a drop of oil and blend with a finger before dabbing on.

6

GET A CHEEKY GLOW. Sorry, blush: Face oil is poised to replace you as a highlighter. Lightly pat a drop onto the tops of your cheekbones to illuminate.

7

USE IT ANYTIME FOR A FAST REFRESH. To invigorate dull or dry skin, put a drop of face oil into your palm, rub your hands together, then lightly press them all over your face (GH's beauty editors do this even over makeup!).

8

UPCYCLE THE EXCESS. **Massage any extra oil from your face application into your cuticles to soften them, or glide over brows to smooth and enhance shine.**

Getty Images (2, 4); iStockphoto (5).

From Our Beauty Lab

TRIED + TESTED
BEST FACE OILS

In the GH Beauty Lab's biggest category test *ever,* 56 face oils were blind-tested by 1,112 volunteers to narrow the field to the top 16, which were then Lab-tested for moisturization and whittled down to these six winners.



TOP MOISTURIZER

The potent infusion of 10 natural oils, including rose hip and sunflower, earned high marks in the Lab test for **hydrating skin for six hours.** "It gave me back that **dewy look** I hadn't seen in too long," a tester raved. "My face has a **healthy glow** and looks **younger, with fewer wrinkles,"** another marveled.

Laura Mercier Infusion de Rose Nourishing Oil, $62, Nordstrom



LUXE PICK

A splurge, yes, but one that works. Beyond its Lab test–confirmed **deep moisturization,** this **"very luxurious," "not greasy," "easily absorbed"** sweet almond–sunflower-jojoba-based face oil got the top score for **enhancing radiance, diminishing fine lines** (including crow's feet) and improving texture. One tester's comment says it all: "What *is* it? I need it in my life."

La Prairie Cellular Swiss Ice Crystal Dry Oil, $315, Neiman Marcus





BEST DRUGSTORE PICK

Even with its low price, it rivals high-priced standouts. The formula boasts exotic oils like argan, camelina and coconut, which led it to rate highest among testers for **immediately moisturizing** skin so it looked **"plumper and smoother."**

Palmer's Cocoa Butter Formula Skin Therapy Oil: Face, $10

BEST FOR SENSITIVE SKIN

This one was tops with testers for **not irritating,** thanks to gentle extracts of safflower, macadamia and avocado oils. Testers said the botanical blend **"diminished red, splotchy areas"** and made skin **"balanced, even and clear."**

Jurlique Purely Age-Defying Firming Face Oil, $58, jurlique.com

GOOD HOUSEKEEPING

GH SEAL PICK

Lemon and spearmint oils lend a **"light and fresh"** feel to this **proven formula,** making it a fan favorite for giving an **instant glow** and being **compatible with makeup.**

Olay Regenerist Luminous Facial Oil, $26





BEST SCENT

With evening primrose, rose and geranium oils, this face oil scored highest among consumers for **softening skin,** and they loved its "skin-refreshing" **floral fragrance.** Other tester feedback: "It made my skin so alive"; "friends immediately noticed."

Lancôme Bienfait Multi-Vital Daily Replenishing Oil, $49

Photographs by Mike Garten

MAKE OVER *your* WARDROBE

A WEEK OF AWESOME WINTER OUTFITS

Jenna Fischer of the new TV comedy *You, Me and the Apocalypse* visits California's San Bernardino National Forest, showing off easy-dressing ideas that work Monday to Funday

photographs by **BRIGITTE SIRE**

ON LOCATION: **LOBBY LOUNGE, LAKE ARROWHEAD RESORT AND SPA**



EMBELLISHED **OXFORDS**

Menswear-inspired flats are as comfy as they are chic (and you won't find studs on his)!

Shoes, $260, tedand muffy.com. **Jacket** with faux-fur collar, Marc New York, $159, andrewmarc.com. **Ring,** $162, goldphilosophy.com. **UNDER $100 Sweater,** $19, forever21.com. **Pants,** $49, loft.com. **Necklace,** $95, rjgraziano.com.

~~OPPOSITE PAGE:~~

ANYTHING **CABLE-KNIT**

A creamy, dreamy piece is your sweater-weather essential. Look for, yes, sweaters, plus hats, socks and scarves, in the classic Irish Aran knit.

Coat, $188, loft.com. **Boots,** Tommy Hilfiger, $139, macys.com. **Purse,** $168, bodenusa.com. **UNDER $100 Sweater,** $60, hm.com. **Jeans,** $17, forever21.com. **Ring,** $39, capwell.co. **Gold ring,** $88, melindamaria.com.



A POP OF **SUNNY COLOR**

When the weather is dreary, your style forecast calls for something cheery—like this slick jacket. Hello, yellow!

Anorak, Lauren Ralph Lauren, $298, bloomingdales.com. Blazer with sweater, $270, 525america.com. UNDER $100 Hat, Genie by Eugenia Kim, $80, anthropologie.com.

COMPLEXION PERFECTION

Keep redness at bay with a cream containing soothing oats, like Aveeno Ultra-Calming Nourishing Night Cream, $15.

Hair by Philip Carreon for Eufora; makeup by Katey Denno at The Wall Group; production by Wonder Partners.



FAB **FAUX FUR**

Soft and fluffy faux fur is showing up on cuffs, collars and accessories of all kinds. But we're partial to this snuggly vest.

Dress, $198, usa.frenchconnection.com. Hat, Ale by Alessandra, $165, revolveclothing.com. Necklace, $135, jullevos.com (25% off sitewide with code GH25). Belt, $127, belowthebelt.com. Boots, Report Signature, $139, lulus.com (20% off sitewide with code GHLULUS). UNDER $100 Faux-fur vest, $93, shopruche.com (20% off sitewide with code GOOD20). Bracelets, $42 each, marlynschiff.com (25% off both bracelets when purchased together with code GHJAN16).

ON LOCATION:
STOCKADE GRUB & WHISKEY
Sidle up to this saloon-style BBQ joint for hearty fare and jukebox hits.
23881 Lake Drive, Crestline, CA

SPOTLIGHT ON JENNA FISCHER

She cued "awws" as half of *The Office*'s golden couple, Jim and Pam (talk about #relationshipgoals). Now she plays an escaped convict facing the end of the world in the new comedy *You, Me and the Apocalypse.*

GIRLS ON THE RUN

I'm a librarian who breaks out of prison and travels across the U.S. with Megan Mullally, *Thelma & Louise*–style, trying to get home to our families before the world ends.

MOM LIFE

The best part about being a mother is having a human *National Geographic* nature documentary happening in your house at all times. I just love observing the growth and development of human beings through the different stages.

STYLE CRUSHES

Kate Hudson always looks really vibrant and fun, and she's daring and takes risks. I also love the two Olivias—Olivia Munn and Olivia Wilde.

NEW YEAR'S RESOLUTION

I'm a goal maker. Last year's resolution was to read three books, fiction or nonfiction, and I did it!

HIDDEN TALENT

I wouldn't say I'm a great cook, but I'm a great baker. It really does make a difference if your eggs are at room temperature and if you cream the butter and sugar correctly, and I've gotten pretty good at it over the years.

—Sarah Walter

Fashion Director, Kristen Saladino.
Hair, Philip Carreon.
Makeup, Katey Denno.



HOT LIPS

Dab on a poppy lip tint to brighten your face fast. Try Maybelline New York Color Sensational Color Elixir in Mandarin Rapture, $9.

JEANS! **JEANS! JEANS!**

The blueprint for great personal style? Find your perfect pair of jeans (patchwork boyfriends for Jenna!) and dress around them. We help with figure-flattering finds at right.

Jacket, $128, tokyodarling.com. **Boots,** Marc Fisher, $139, qvc.com. **Jeans,** Mother, $275, bloomingdales.com. **Stone ring,** $145, julievos.com (25% off sitewide with code GH25). **UNDER $100 Sweater,** $69, zara.com. **Bar ring,** $15, winkydesigns.com. **Purse,** $99, zara.com.

ON LOCATION:
LAKE GREGORY REGIONAL PARK
lakegregory recreation.com

ALL UNDER $100

BEST JEANS FOR EVERY BODY!

Use this guide to find your fit and style match



ALLOVER SHAPER

STRAIGHT LEG

Sneaky slimming technology hides your tummy and lifts your seat.

GH pick: 314 Shaping Straight, $64, levi.com

LONGER & LEANER

FLARE

The wider the hem, the teenier you look—the law of a triangle!

GH pick: Mossimo High Rise Flare Jean, $30, target.com

EXTRA-STRETCHY

SKINNY

The dark wash and super stretch help these earn their name.

GH pick: 1969 Resolution True Skinny High-Rise Jean, $70, gap.com

STYLE STEAL

PATCHED BOYFRIEND

Slouchy and relaxed at a price that's nice.

GH pick: Boyfriend Skinny Ankle Patchwork, $45, oldnavy.com

BEST FOR CURVES

BOOTCUT

Cut slightly higher in the back to keep your seat covered.

GH pick: Platinum Label Curvy Jane Bootcut, $58, lee.com

Photograph by Mike Garten; prop styling by Cate Geiger; denim styling by Elizabeth Osborne for Halley Resources.

WHERE WE STAYED

LAKE ARROWHEAD RESORT AND SPA

Nestled into the mountainside on the shores of Lake Arrowhead, a two-hour drive from Los Angeles, this scenic spot is perfect for a quiet, low-key escape. Hike all year among fragrant pine trees, get pampered in the rustic spa or catch up on your reading on the lakeside decks.



LUSH LOCKS
Shinier, thicker hair starts in the shower. Try GH Seal holders Head & Shoulders Full & Strong Shampoo and Conditioner, $5 each.

MAXI COAT

Baby, it's cold outside—but you won't care in the statement piece of the moment: a warm and woolly ankle-skimmer.

Coat, **$249, zara.com.**
Boots, **Tommy Hilfiger, $139, macys.com.**
UNDER $100 Sweater, **$98, jcrew.com.** Pants, **$49, uniqlo.com.** Sunglasses, **$14, icing.com.** **Scarf, $44, landsend.com.**

ON LOCATION: **OVERLOOKING LAKE ARROWHEAD**

MAKE OVER any ROOM

YOUR HOME

YOU COULD **WIN** THIS DRESSER!
Details, page 129

5 WAYS TO UPDATE WITH PAINT

1 DRESSED-UP DRAWERS

Paint the fronts in a run of color. Thanks to blogger Christine Kjellby from mobel pobel.blogspot.com for the inspiration!

cheap trick

Use sample cans—they cost less and have all the paint you need.



BEFORE



TOP
Pink Cherub, Benjamin Moore

MIDDLE
Springtime Bloom, Benjamin Moore

BOTTOM + WALL
Peony, Benjamin Moore

Rug, from $57, rugsusa.com. **Geometric vase,** $14, and **throw,** $59, westelm.com. **Leather basket,** $118, shopterrain.com. **Books,** anthropologie.com. **Cup,** $35, abchome.com.

Photograph by Mike Garten; prop styling by Cate Geiger; dresser from Far Out Finds (faroutfinds.com); painting by Ashley Zangle.

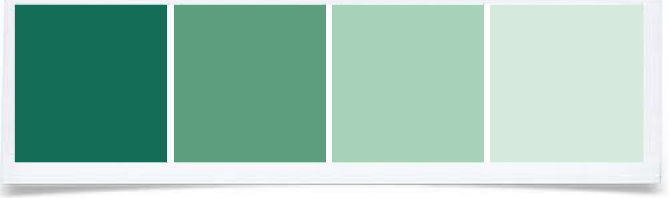
2 MISMATCHED CHAIRS



cheap trick
Instead of painting the whole chair, "dip" the legs.

Kelly Brown/decor8blog.com; styling by Leslie Shewring (mismatched chairs), Hotel Henriette (faux headboard), Christine Renee Kjellby/MøbelPøbel (statement stairs).

Use a gradient of hues to unify flea market finds, like the greens on these chairs from blogger Leslie Shewring's studio. Pick swatches you like, then get a can of each color.



Chesterwood French Green, Valspar

Salamander, Valspar

Green Supreme, Valspar

Icy Mint, Valspar

3 FAUX HEADBOARD



cheap trick
Use lefttover paint—don't buy new.

Put a block of color behind your bed, as seen in the serene rooms of Paris's Hotel Henriette. Tape off the shape (GH Seal holder Frog Tape will make it easy), then apply two coats of a flat finish.

HEADBOARD
Truth, Kelly-Moore Paints

4 STATEMENT STAIRS



cheap trick
Just paint the banister.



BEFORE

Step up your stairs with a fresh coat of cool gray, like this inspiration from blogger Christine Kjellby. Use a latex-based formula, which withstands daily wear and tear.

STAIRS
Fog Rolls In, Clark + Kensington

5 PEEKABOO STORAGE



Add a happy hit of color inside your cabinets, like the orange from interior designer Kyle Schuneman's L.A. kitchen. Get a semigloss paint to ensure that shelves will be easy to wipe clean.



GH SEAL HOLDER PAINT PICKS

We stand behind Olympic's One and Assure lines and Benjamin Moore's Natura line.

Joe Schmelzer

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See Nutrition Information for Fat and Saturated Fat Content

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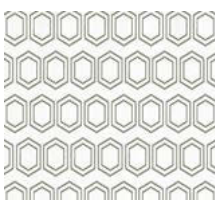
www.aller-ease.com

12 WAYS TO DO GRAY

1 MODERN MIX
Warm up steely tones with graphic fabrics and natural textures.

2–5 shades of pale

FABRIC



Diamonds in the Rough, $32 per yard, *minted.com*

WALLPAPER



Tribal Chevron, $35 per roll, *chasingpaper.com*

PAINT



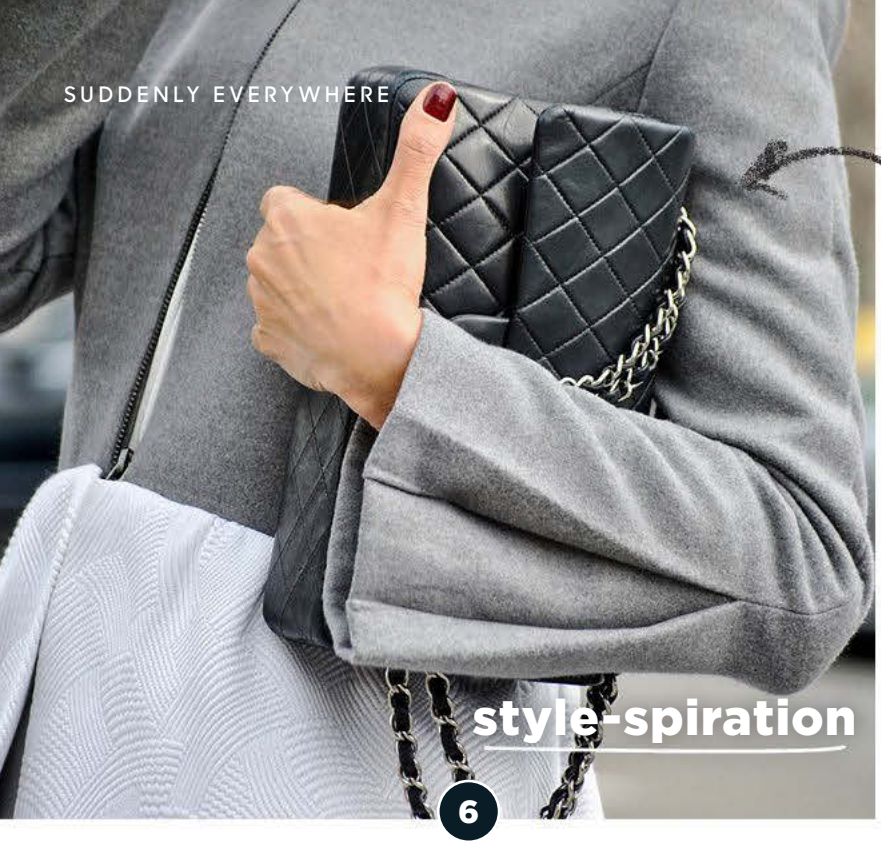
Vessel Gray by Valspar, $34 per gallon, *lowes.com*

TILE



Oriental Sculpture Herringbone, $16 per 12″ by 12″ piece, *homedepot.com*

Photograph by Francesco Lagnese



style-spiration

6

Stand out in a sea of black: Look for wool flannel with unexpected touches and unique details.



7

NAIL IT
The perfect complement to any shade of gray: a warm burgundy, which balances cool tones.

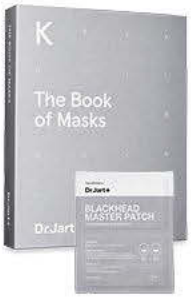
Essie in Shearling Darling, $9, *essie.com*

8

INDUSTRIAL EVOLUTION
The concrete base adds cool edge to bedroom decor.

Zeke Table Lamp, $134, *luluandgeorgia.com*





9

BEAUTY BEST SELLER
Avoid the dry skin of winter with this collection of eight soothing face masks.

Dr. Jart+ The Book of Masks, $39, *Sephora*



10

LUXE LOUNGERS
The new "slouchy" trend makes going to work in your PJs (almost) a reality.

Wilfred for Aritzia Turquet Pant, $145, *aritzia.com*



11

PETITE PREP SPOT
Boasting added storage and a butcher block top, this mini island is a small-space savior.

Sheridan Grey Kitchen Cart, $399, *crateandbarrel.com*



12

KNIT HIT
This veiled update of the cold-weather classic is possibly the chicest way to hide bed head.

Milou Fox Beanie Hat, $95, *kennethcole.com*

Melanie Galea TheStreetMuse/Trunk Archive

+ SHOW US YOUR GRAY TAG INSTAGRAM PHOTOS WITH #GHTRENDWATCH.

MAKE OVER *your* SMALL SPACES

ASK SARAH



Sarah Richardson
Home Design Director
@SarahRichardsonDesign



Q I just moved to a tiny condo with low ceilings—it's like living in a basement. Any ideas to make them appear higher? **—JENNIFER M.**

A: Yes! Here are some sneaky design fixes I use to open up any space:

CHOOSE "SHORT" FURNITURE. A high-backed sofa or a tall media cabinet can highlight the problem by drawing the eye up. Instead, choose pieces that are low and long. They'll work together to emphasize a horizontal line that's far from the ceiling, drawing the eye down so the space feels taller than it is.

USE COLOR SPARINGLY. Pale walls (cream, white or light gray) are my small-space go-tos. You might also consider a single panel of color. In the room pictured here, I painted two narrow columns blue, which gives the illusion of height.

PRACTICE MIRROR MAGIC. Hang one (or even two) to brighten any room and expand its perceived size.



Send your decor questions to sarah@goodhousekeeping.com, and get more advice in Sarah's new book, *At Home: Sarah Style.* **$28, amazon.com**

ASK PEGGY POST • ETIQUETTE EXPERT •



HAVE A QUESTION?
E-MAIL PEGGY@GOODHOUSEKEEPING.COM

Guests don't always honor our "no shoes in the house" policy. Should I let it go and deal with any mess or insist that visitors remove their footwear?

—SUZANNE H.

IT'S OK TO POINT OUT THE HOUSE RULES to visitors, as long as you make your request kindly—and offer nonskid slippers or socks (or even tell guests in advance so they can bring their own). But if you're hosting a big party or a more formal get-together, consider bending the rules; some guests might feel uncomfortable wearing socks with fancy clothes.

Stacey Brandford

MAKE OVER
bathroom
CLEANING

ASK HELOISE

GH's stain-busting expert shares her fixes for household dilemmas and life's little "oops" moments



HAVE A QUESTION?
E-MAIL HELOISE@GOODHOUSEKEEPING.COM.

NIX YOUR WASHROOM WOES

I have a toilet bowl ring that I can't clean. I've tried diluted bleach in the bowl for several hours, but it didn't work. What do you suggest? —**NINA B.**

A. If the ring is gray or black, it could be mold. Full-strength bleach should work—slowly pour 1 c. around the bowl above the stain. Let it sit 20 minutes, then brush and flush. If it's mineral buildup (it'll likely look bumpy), you really need a commercial toilet bowl cleaner with hydrochloric acid (also called muriatic acid; the highest strength you can buy is about 23%). Open it very carefully, and be sure to follow instructions to the letter. Keep kids and pets away, and open windows.

How do I get rust stains off my porcelain sink? —**CHERYL L.**

A. Mix ¼ c. cream of tartar with 1 Tbsp. vinegar or lemon juice. Make a thick paste and rub it into each rust stain, being sure it adheres. Let it sit for a good hour or so, then scrub it off with a scrubbie sponge or a scrub brush. Don't use chlorine bleach; it only makes a rust stain worse.

I had stains on my fiberglass shower and used two cleaners, one with bleach that aggravated the problem. Now I have a very ugly shower. Heloise, help! —**ANNE H.**

A. It sounds as if you have stains from old pipes or iron in the water. A bathroom cleaner that contains bleach shouldn't hurt fiberglass, but it won't help, either. (However, an abrasive cleaner can mar the surface.) Try this: Put ½ c. baking soda in a bowl and stir in 2 to 3 Tbsp. hydrogen peroxide. Cover the stains and let sit overnight, then rinse off. Finally, head to a hardware store for a fiberglass cleaner—many are gels that you rub in and wipe off—to help prevent further stains and make the fiberglass simpler to clean.



HELOISE'S MAGIC MULTIPURPOSE CLEANER



½ C. WHITE OR APPLE CIDER VINEGAR + ½ C. RUBBING ALCOHOL + ½ TSP. DISHWASHING LIQUID + ENOUGH H_2O TO FILL A 1-QT. SPRAY BOTTLE

EASY CLEANING ROUTINE

DO A LITTLE EVERY DAY. Spritz Heloise's cleaner inside the toilet bowl, then swish with a toilet brush and flush. Spray more cleaner on a paper towel and wipe off the rest of the toilet.

SQUEEGEE THE SHOWER. After bathing, use a squeegee on walls (or cleaner in the tub). A daily swipe with a paper towel will keep the sink and counters fresh, too.

USE A MICROFIBER CLOTH. Dry or damp, it beats paper towels for cleaning mirrors, since it won't streak or leave lint—and it's reusable.

Philip Friedman/Studio D (Heloise); Offset (bathroom).



MOMS DON'T TAKE SICK DAYS.

MOMS TAKE



THE NON-DROWSY, COUGHING, ACHING, FEVER, SORE THROAT, STUFFY HEAD, CHEST CONGESTION, **NO SICK DAYS, MEDICINE.**

THE NIGHTTIME, SNIFFLING, SNEEZING, COUGHING, ACHING, FEVER, STUFFY HEAD, **BEST SLEEP WITH A COLD, MEDICINE.**

VICKS

Use as directed. Read each label. Keep out of reach of children.

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MAKE OVER *your* HOME

15 QUICK, STYLISH UPGRADES *for every room*

You don't have to renovate to completely transform your space. Even small changes can take it from drab to fab in no time!



DESIGNER TRICK
Switch out lighting, door pulls and faucets for a fast facelift.



BEFORE
The table looked dinky and out of place.

UPSIZE THE TABLE.

A good rule of thumb: Your dining table should take up 60% of the room's available space. Here, designer Susana Simonpietri swapped in a long, narrow piece of reclaimed wood on metal legs that fills out the eating area and provides extra seating for guests.

MIX IN A BENCH.

Combine a variety of seating options. In an open-concept space, a backless bench won't obstruct sight lines. A (washable!) faux-fur throw is the perfect cushion.

DINING AREA Bench, from $599, potterybarn.com. **Striped bowls,** from $15, and **French press,** $45, kaufmann-mercantile.com. **Orange plates,** $96 for four, williams-sonoma.com. **Table** (similar), $330, worldmarket.com. **Fur throw,** $180, westelm.com. **Napkins,** $8, anthropologie.com.

KITCHEN Bistro chairs (similar), $85 for two, target.com. **Pendant light,** $535, lightingdirect.com. **Vase** (similar), $69, vivaterra.com.

design by SUSANA SIMONPIETRI
photographs by MIKE GARTEN
styling by CATE GEIGER





BEFORE
The bare-bones decor lacked personality.

HANG A BIG PIECE OF ART.

An oversize print can turn a boring wall into a decorative highlight. Flank your couch with side tables to make forgotten corners functional. And look how well hits of marigold pop against the white-and-blue palette.

LIVING ROOM **Mirrored box,** $39, and **yellow throw,** $59, westelm.com. **Art** (similar), $20 and up, minted.com. **Vase,** $8, gracioushome.com. **Lamp,** $546, circalighting.com. **Side table** (similar), $210, hayneedle.com.

INSTALL A VANITY.

Replace a pedestal sink with a full-size vanity to create lots of extra storage. Subtly patterned wallpaper and lighter colors help make a powder room feel larger.

BATHROOM **Towel,** etsy.com. **Cup,** $15, anthropologie.com. **Wallpaper,** thibautdesign.com. **Vanity,** $2,600, potterybarn.com.



BEFORE
No storage!



DESIGNER TRICK
On a budget? Get a seamless look for a fraction of the price by painting the brick white.



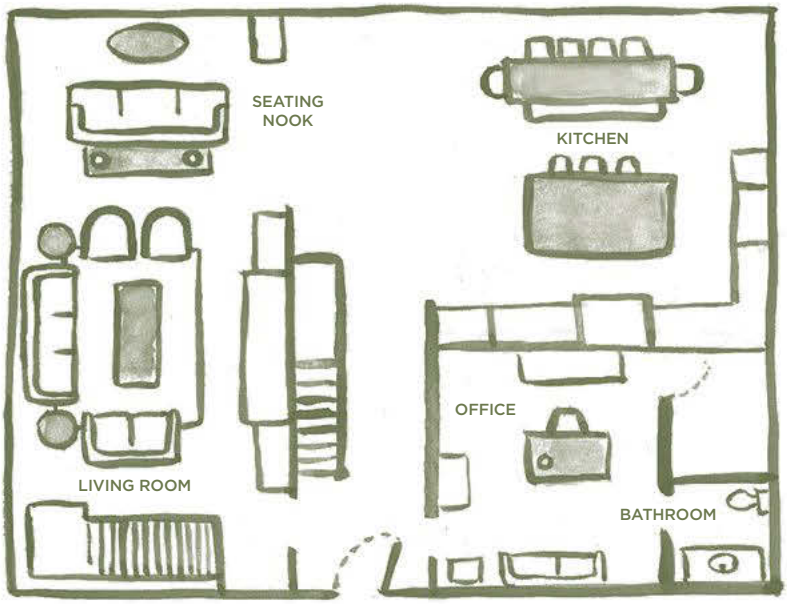
BEFORE
Red brick overshadowed everything.

CHANGE THE FACADE.

Install panels to give your fireplace a dramatic redo. The key to keeping it cost-effective: Don't change the size of the firebox or remove the brick (just cover it). Built-in shelves and new stone tile complete the polished look.

LIVING ROOM Candlesticks, $20 and up, potterybarn.com. **Magazine rack,** $295, kaufmann-mercantile.com.

THE FLOOR PLAN



THE PALETTE

WALLS

Sebring White, Benjamin Moore

ACCENT FABRICS



Strie Linen Saffron, kravet.com



Burlap of Luxury in Blueberry, loomdecor.com

DESIGNER TRICK
Slipcovers instantly refresh chairs or couches.

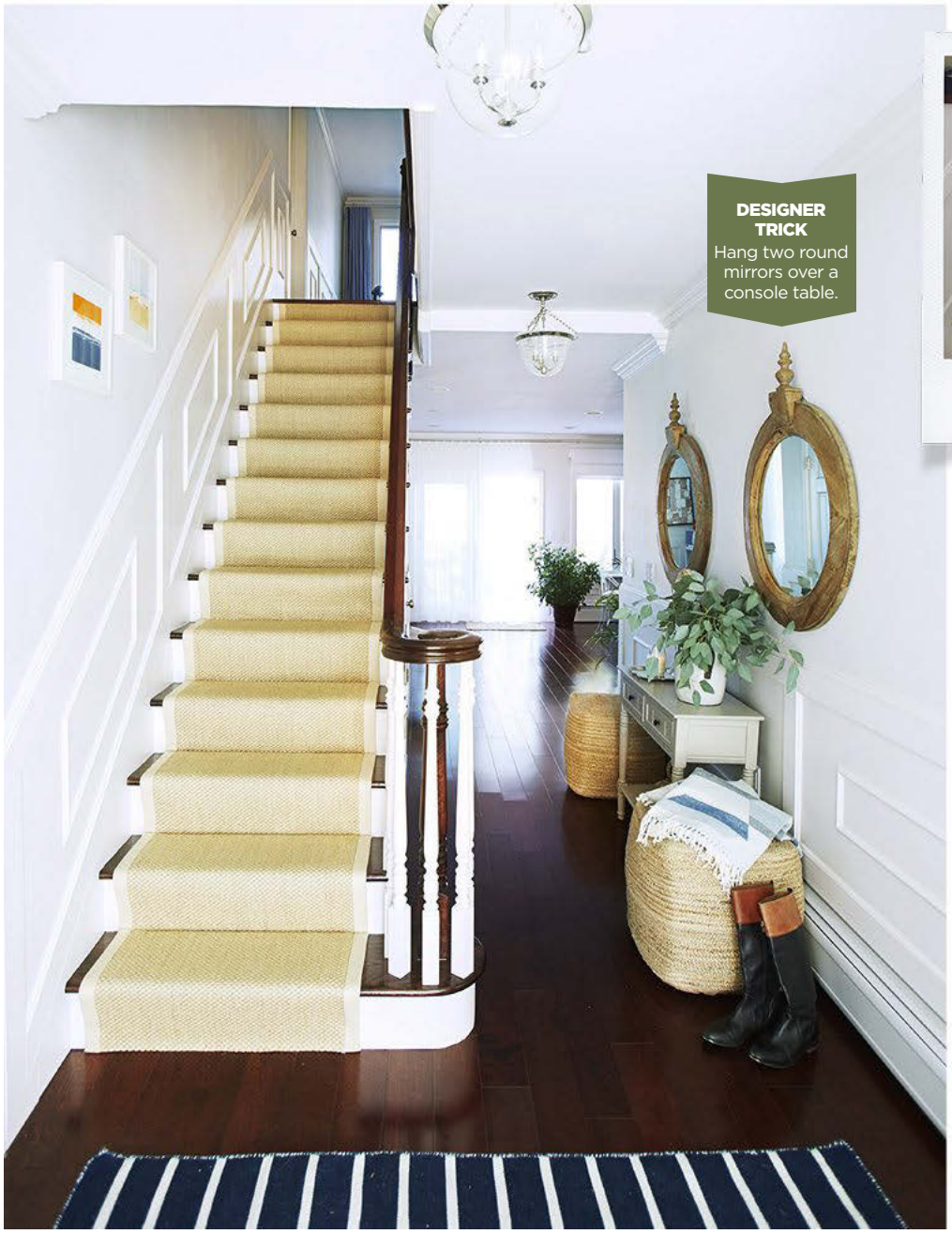


BEFORE
Sparse and awkward.

CREATE "ROOMS" WITH FURNITURE.

Maximize your living space by rearranging the furniture. Here, a console table behind the chairs divides the room. The main space is great for watching TV, while the smaller nook in the back is a comfy spot to sit and enjoy the great view. Use differing coffee tables, styles of furniture and even rugs to help areas feel distinct.

LIVING ROOM Lamps (similar), $198 each, luluandgeorgia.com. **Rug** (similar), $1,250 and up, madelineweinrib.com. **Tray,** $179, wisteria.com. **Coffee table** (similar), $849, westelm.com. **Small vases,** $7 and up, crateandbarrel.com. **Chairs** (similar), $1,049 each, and **lanterns,** $34 and up, potterybarn.com.



DESIGNER TRICK
Hang two round mirrors over a console table.



BEFORE
The naked wood was cold and uninviting.

ADD RUGS FOR WARMTH.

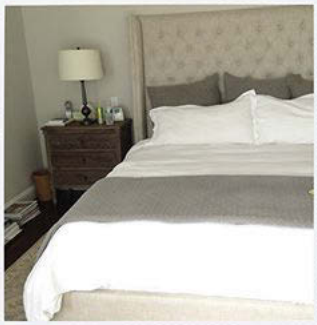
Top your staircase with an inexpensive sisal runner; it's ideal for disguising wear and tear in high-traffic areas. Skip the purely functional welcome mat and use a 4′ by 6′ rug (so many more options!) to anchor your foyer.

ENTRY Rug, $155, overstock.com. **Throw,** $39, westelm.com. **Poufs** (similar), $115 each, luluandgeorgia.com. **Console table,** $325, overstock.com. **Runner,** sacco carpet.com. **Mirrors,** noirfurniturela.com.

CHANGE UP YOUR ACCESSORIES.

Same bed—totally different look! Bring in brighter pillows and a patterned rug to make your bedroom feel brand-new. Dress up your nightstand with a vertical mirror.

BEDROOM Nightstand (similar), $345, **bed,** $840 and up, and **area rug,** $1,045 and up, restorationhardware.com. **Lamp,** $420, arteriorshome.com. **MIrror,** $339, ballarddesigns.com. **Throw,** $59, and **velvet pillows,** $34 each, westelm.com.



BEFORE
Too much beige.



MAKE OVER *your* DINNER

26

DELICIOUS IDEAS TO

EAT, COOK, SIP & SERVE RIGHT NOW!

Our GH Test Kitchen experts are dishing on the most crave-worthy trends. Consider this your 2016 food forecast



ULTIMATE FRIED CHICKEN SANDWICH
p 117

1

NEXT-LEVEL FRIED CHICKEN

Even foodies are flocking to hot spots like Fuku in New York City and Picnic in Los Angeles for gourmet fried chicken sammies. Make your own, complete with six topping combos, at home with our secret recipe.



2
CITRUSY SHRIMP-STUFFED AVOCADOS
p 121

(2-4)

tastes of PERU

A melting pot of flavors, this South American fare fuses Chinese, Japanese and Latin cuisine. Sounds exotic, but you probably already have most of the ingredients to whip up these traditional dishes.

TURN THE PAGE FOR MORE PERUVIAN PLATES

photographs by MIKE GARTEN
food styling by CHRISTINE ALBANO
prop styling by CATE GEIGER

TASTES OF PERU



3

SAUTÉED BEEF & PEPPER SKILLET WITH FRIES

p 121



4

CILANTRO-LIME CHICKEN WITH SPICE-ROASTED CARROTS

p 118



5 CRICKET FLOUR (?!?!)

Jiminy Cricket! We bugged out when we first heard cricket was the protein of the future, per agriculture experts. But cricket flour is a sustainable alternative to meat that's lower in saturated fat and full of magnesium, iron and calcium. Try it in a protein bar.

Exo Protein Bar, $13 for four-bar sampler, exoprotein.com



6

COCONUT JAM

Jam from a coconut? That's nuts! Yet the sweet, creamy spread, a staple in Southeast Asia, is beyond yummy. Use it wherever you'd slather Nutella (we're thinking waffles).

Hey Boo Coconut Jam, $12 for 8 oz., heyboojams.com



7

DINNER SHARING

Think of it as Airbnb for foodies: Mealsharing.com brings hungry travelers and neighbors together with local cooks who create one-of-a-kind dining experiences in their homes, and it's now in 450-plus cities worldwide. You can search by location, meal type or dietary preference—anything from pizza to Christmas dinner. Our New York City tester made new friends (all the way from Japan) and enjoyed a 10-course meal for a fraction of fancy restaurants' prices.

8

"VACUUM" COOKING

This type of food prep is called sous vide (pronounced "sue-VEED"), French for "under vacuum." Hyper-skilled chefs use the technique to cook meat or fish to perfection. Geek out by placing food in a heat-safe resealable plastic bag and slipping it into a pot of water kept at a precise low temp by a sous vide device. The moist, perfectly rare steak in our salad at right cooked for two hours in 130°F water.



TRIED + TESTED

Sous Vide

LAB PICK: The Nomiku sous vide system is super-easy to program.

$199, nomiku.com



9

STEAK SALAD WITH CHARRED GREEN ONIONS & BEETS

p 122

Getty Images (Dinner Sharing)



(10-13)

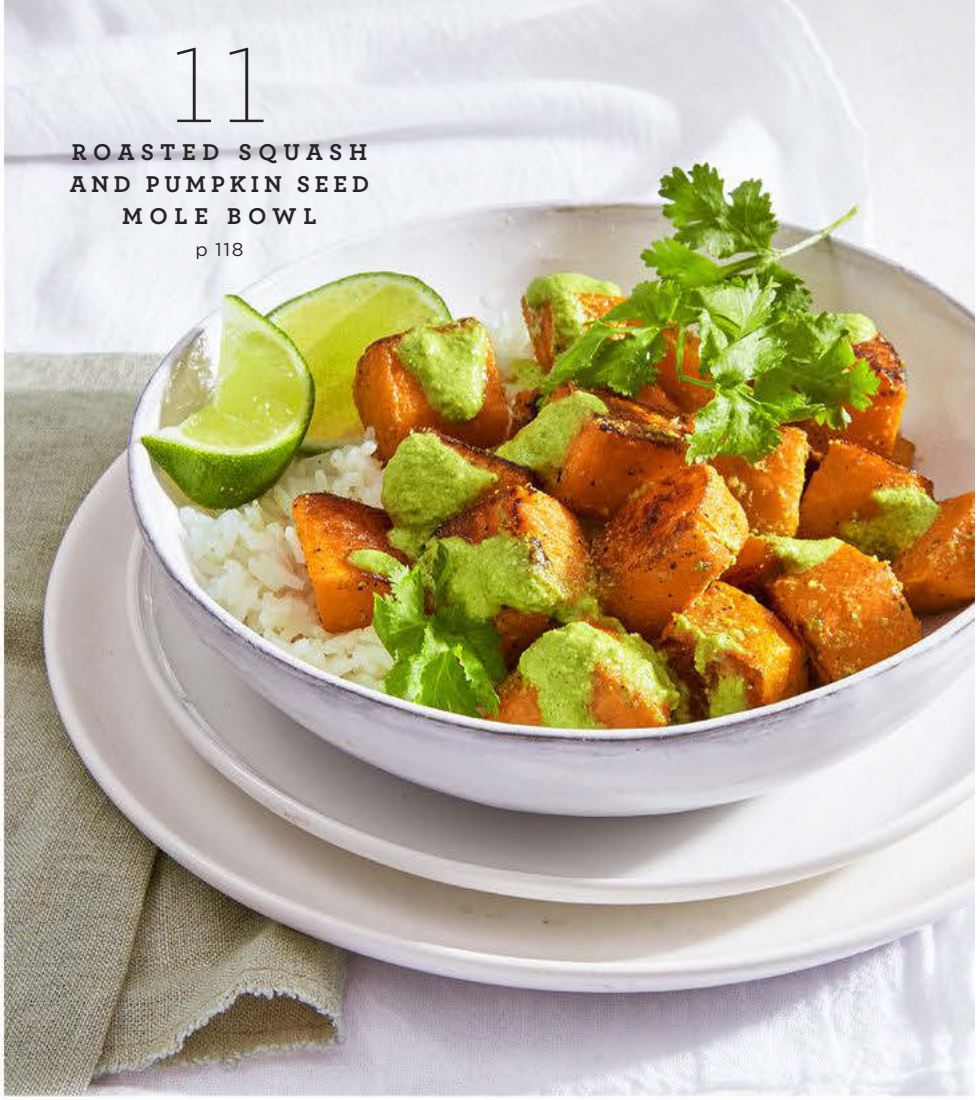
Decadent VEGETARIAN

Sounds like an oxymoron, right? Time to think beyond a block of tofu. Our plant-based dishes will make your mouth so happy, you won't miss the meat...or butter...or cheese. Don't believe us? Dip into the nacho sauce at right!

10

CREAMY VEGAN LINGUINE WITH WILD MUSHROOMS

p 117



11

ROASTED SQUASH AND PUMPKIN SEED MOLE BOWL

p 118



12

CRISPY POTATOES WITH VEGAN NACHO SAUCE

p 118

13

THE NEW "PARMESAN"

"Nooch" (nutritional yeast) is a nutty nondairy flavoring (derived from sugarcane or beet molasses) that tastes like cheese and packs 8 g of protein, 3 g of fiber and three times your daily vitamin B_{12} requirement in ¼ cup of flakes. It's the flavor booster in these pasta and nacho sauces and is good on popcorn, too!

Large Flake Nutritional Yeast, $9 for 8 oz., bobsredmill.com

TRIED + TESTED

NOUVEAU NOODLES

The gluten-free phenomenon is going strong, with plenty of wheatless pastas made from clever things like lentils and edamame. Try our top-tested picks.

TEST KITCHEN SECRET: For the best texture, cook just to al dente.



14

Add these soba-like noodles to Asian-inspired soups or salads with soy-lime vinaigrette.

Explore Asian Authentic Cuisine Organic Edamame Bean Spaghetti, $4 for 7.05 oz., explore-asian.com



15

Mix with roasted eggplant, tomatoes and cheese for a healthier take on Pasta alla Norma.

Modern Table Meals Mixed Lentil Penne, $5 for 10 oz., moderntable.com



16

Toss with creamy alfredo, or use for mac 'n' cheese (kids won't notice the difference!).

Ancient Harvest Lentil & Quinoa Supergrain Pasta, $3.50 for 8 oz., ancientharvest.com



17

EAT LIKE A VIKING

If you're picturing warriors in horned helmets, you're not far off. The new Nordic diet was inspired by the eating habits of healthy folks from Denmark, Norway, Sweden, Finland and Iceland. Think seasonal local produce; canola oil and fatty fish; and ingredients like high-protein skyr (Icelandic yogurt). Research has shown that eating like this can help lower blood pressure and aid weight loss.



18

KOREAN CHILI SAUCE

It's called gochujang (pronounced "GO-choo-jong") and it's the ideal blend of sweet, savory and sour. Unlike the other hot hot sauce, Sriracha, it won't burn your mouth, so it's a no-brainer for spice rookies. We bet you'll want to use it to douse everything from grilled meats to stir-fries. Did we mention it makes a killer meatloaf glaze? Mmmm...see right.

Chung Jung One Gochujang, $10 for two 7.5-oz. bottles, amazon.com



20

GOCHUJANG GREEN BEANS

p 122

19

GOCHUJANG-GLAZED MEATLOAF

p 122

(21-23) hard CIDER

Mention this at a cocktail party: The "apple juice for grown-ups" was the Pilgrims' drink of choice! Maybe because it's light, crisp and refreshing—and less filling than beer. Oh, and it's gluten-free, too.

BEST WITH FOOD
Le Brun Organic Cidre, $10 for 750 ml, winesellersltd.com

FOR BEER LOVERS
Angry Orchard Strawman, $15 for 750 ml, angryorchard.com

FOR CIDER NEWBIES
Strongbow Hard Apple Ciders Gold Apple, $10 for six 11.2-oz. bottles, strongbow.com

TRIED + TESTED

GREEK WINES

The island nation that has been pressing grapes since ancient times is finally getting the raised glasses it deserves. We like these delicious varietals.



24

CRISP WHITE
Assyrtiko
(ah-SEER-tee-ko)
Sigalas Santorini 2014, $23, wine-searcher.com



25

VERSATILE RED
Agiorgitiko
(ah-yor-YEE-tee-ko)
Skouras Saint George 2011, $15, wine-searcher.com

26 EXTREME ORGANIC

The new nutrition buzzword: "biodynamic." It's the most environmentally friendly form of farming out there: Biodynamic crops are free of synthetic pesticides and fertilizers, and the farms are entirely self-sustaining. Whole Foods Market supports the movement, helping 30-plus brands launch biodynamic products like wine, olive oil, frozen entrées, pasta sauce, juice and tea. Buy biodynamic to show these farmers a little love.



The Barefoot Farmer



PIZZA *party*

Round pies are so last Friday. It's way hipper to be square! And with these grandma-style slices baked on a sheet pan, everyone gets his or her favorite—from extra-crusty corners to topping-loaded middles

photographs by MIKE GARTEN
food styling by CHRISTINE ALBANO
prop styling by CATE GEIGER


TEX-MEX TACO
p 123
ARTICHOKE & OLIVE ANTIPASTI
p 123
EGG & TATER
p 124
BUFFALO CHICKEN & RANCH
p 124
CREAMY BROCCOLI ALFREDO
p 124

YOU CAN'T BEAT ZERO HEARTBURN*



DOCTOR^ GASTROENTEROLOGIST^ & PHARMACIST^^
#1
OTC ACID REDUCER
RECOMMENDED

Prilosec OTC® has been the
#1 Gastroenterologist^ recommended,
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ONE PILL EACH MORNING. 24 HOURS.



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^†AlphaImpactRx ProVoice™ Survey, Jan 2005 - Mar 2015. ^^Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006 - 2015.

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REAL LIFE



DRIVING DIVA Patrice leads her monthly Girls Auto Clinic workshop in her trademark red heels.

EVERYDAY HERO

Shifting Gears

Patrice Banks swapped a desk job for a wrench to help women push back against car-repair rip-offs

FROM AUTO AIRHEAD TO EMPOWERING "SHE-CANIC"

Once a month, a group of women drive up to a car-parts store in Philadelphia, open their hoods and spill their car fears to a compassionate mechanic who explains engine parts, DIY maintenance and how to tell if they're being taken by a salesman or repair guy. Chances are they need the advice: A study by Northwestern University revealed that women are routinely quoted higher prices for straightforward fixes than are men. "I used to hate going to get an oil change," says workshop leader and mechanic Patrice Banks, 35, a former engineer for DuPont. "I was afraid they'd up-sell me to get more repairs and I'd have no clue what to do when they did."

Patrice decided the answer was education. So, four years ago, she started taking night classes in automotive technology, where she was the only woman in the class. →

Photograph by Andrew Renneisen



GIRL POWER
Women spend over $200 billion a year buying and servicing cars, but fewer than 2% of mechanics are women.

3 THINGS YOU "AUTO" KNOW

KEEP TIRES FULL
Low air pressure leads to burning more fuel (and money).

CHECK YOUR OIL...
...especially if you drive a lot: Change oil every 3,500 to 5,000 miles if your car has 100,000-plus miles on it.

NEVER TOP OFF YOUR TANK
Pushing past the automatic nozzle shutoff damages emissions systems.

To gain experience, she also volunteered at a repair shop on evenings and weekends—while still working full-time at DuPont. And she founded Girls Auto Clinic, giving her first workshop to a packed crowd at a nearby sorority.

STEERING WOMEN

In 2014, Patrice became a full-time mechanic, taking a 90% pay cut. "I used to wake up at 3 A.M. and think, *What did I do?*" she says. But Patrice, who is single, knew she was making the right move. "I want to change how the car industry treats women," she says.

Her workshops are a good start. At one, Rasheena Phinisee, 30, learned how to check and fill her oil and replace an air filter, saving the $45 she would have shelled out at a garage. "I feel empowered by my abilities," she says.

Patrice, who speaks at schools and to women's groups, has also written *Girls Auto Clinic Glove Box Guide* ($20, girlsautoclinic.com), a "workshop on the go" that explains everything from how to jump-start a car to what to do if your brakes fail (shift to neutral and pump brakes to get down to 15 mph, then slowly pull the emergency brake).

THE ROAD AHEAD

Patrice's next goal? Opening Girls Auto Clinic as a full-service garage staffed mostly by female mechanics and featuring a nail salon where customers can relax while their cars are being serviced. "I'm going to create a safe space for women as drivers and for women who want to work in this industry," says Patrice. As word of her mission spreads, she has received dozens of e-mails from female mechanics. "They need to work in a place like this, because they don't have support where they are," she says. "One was laid off when she told her boss she was pregnant." Patrice has located space in Philadelphia and hopes to open by spring. And as a recent semifinalist in the Miller Lite Tap the Future contest, she is $20,000 closer to that dream.

—Jennifer Chen



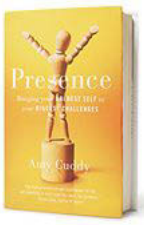
DON'T WAIT TO **BE HAPPY**

"It took a cancer diagnosis for me to realize my marriage wasn't working and to believe that I could find a job that was better suited for me. It shouldn't take something horrible happening to make a positive change for yourself. Do it right now!"

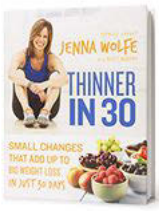
HODA KOTB, *coanchor of the* Today *show, has authored her third book,* Where We Belong, *an inspiring collection of stories about people who took a leap of faith and followed their passions.* ***$25***

YOUR BOOKSHELF
SELF-HELP

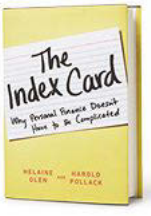
Resolution reads to bring more joy



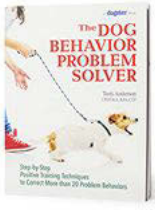
***Presence* by Amy Cuddy**
The way you walk, sit, cross your legs and more can impact emotional confidence in difficult moments. ***$28***



***Thinner in 30* by Jenna Wolfe**
The TV trainer gets you fitter fast with small changes to your everyday habits. ***$28***



***The Index Card* by Helaine Olen and Harold Pollack**
Everything you need to know about saving and living debt-free fits on one card. ***$25***



***The Dog Behavior Problem Solver* by Teoti Anderson**
Make any bad dog behave with step-by-step training tactics. ***$20***

Photograph by Andrew Renneisen (Patrice); Getty Images (Hoda).


SAY SORRY FOR THE HOLIDAYS
TASTY CHICKEN FLAVOR
Temptations
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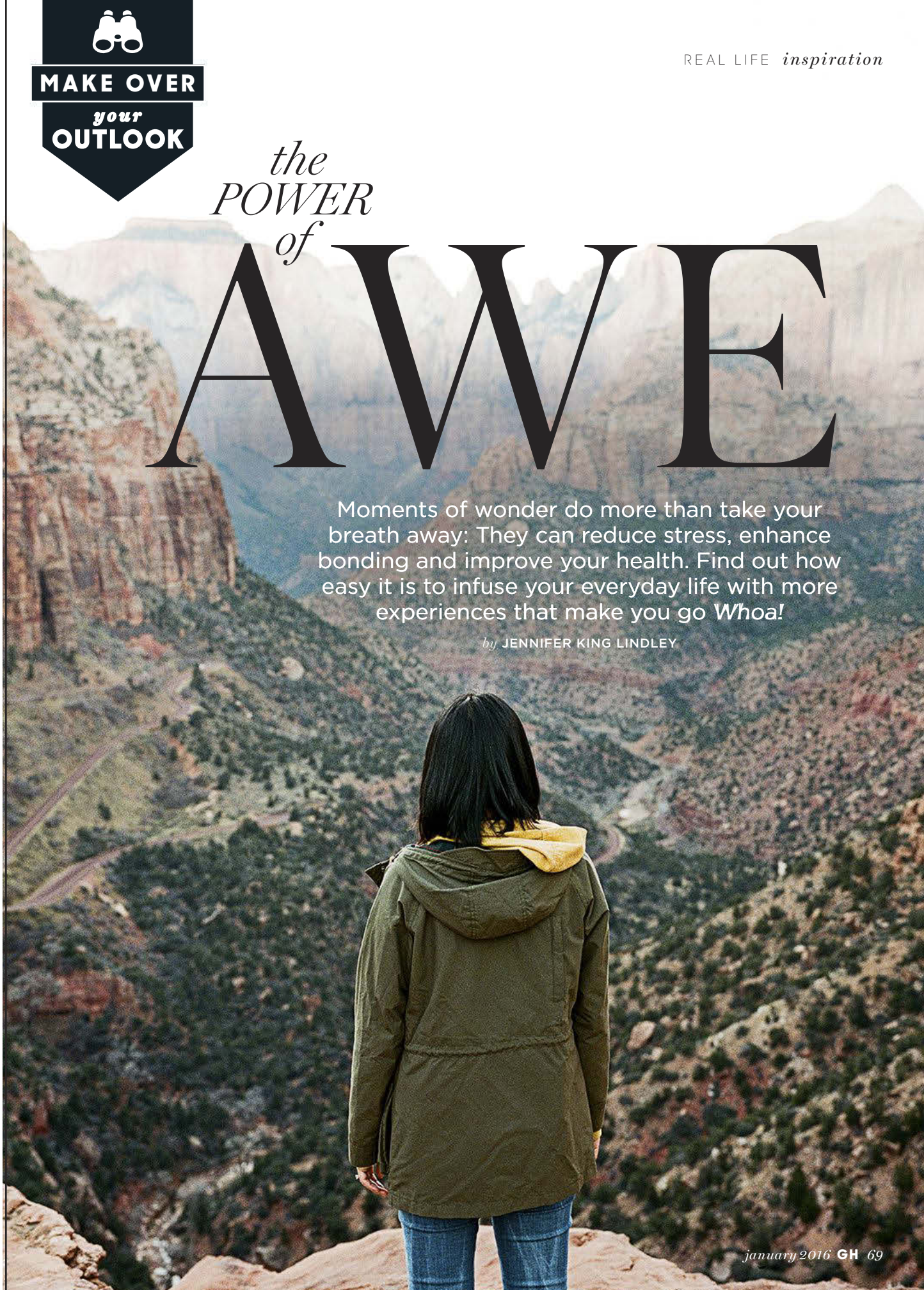

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Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. A one-ounce handful has 13g of unsaturated fat and only 1g of saturated fat.
American Heart Association
CERTIFIED
Meets Criteria For Heart-Healthy Food
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california almonds
CRUNCH ON

MAKE OVER *your* OUTLOOK

the POWER *of* AWE

Moments of wonder do more than take your breath away: They can reduce stress, enhance bonding and improve your health. Find out how easy it is to infuse your everyday life with more experiences that make you go *Whoa!*

by JENNIFER KING LINDLEY



Offset

what is awe?

AWE IS THE MIND AND BODY'S REACTION to being pushed outside of their normal way of looking at the world, according to Michelle Shiota, Ph.D., associate professor of psychology at Arizona State University. "It takes you off autopilot and makes you feel you are in the presence of something bigger than you, but that you are also connected to this bigger thing."

The state is defined by two important elements, says awe researcher Melanie Rudd, Ph.D., assistant professor of marketing at the University of Houston. First, "you feel you have encountered something vast in size, complexity or power," she says—a monumental skyscraper, an enormous school of tropical fish or even a huge celebrity can qualify. Also, the experience must change your perspective in some way. (Ever look down from an airplane window at thousands of twinkling city lights and think, *Hmmm, I guess that misspelling in my e-mail is not that important*?) In nonscientific terms, awe blows your mind.

While many different things elicit awe, we all tend to express it in the same way: with raised eyebrows, widened eyes, a dropped jaw, a sharp intake of breath. Physically, awe seems to curb the fight-or-flight response. "It may calm our bodies and chill us out," says Shiota, perhaps allowing us to pause and take it all in. (In some cases, however, it may inspire excitement and fear, like when you see footage of a tornado's destruction or the Twin Towers crashing down.)

Scientists are still puzzling out why we're wired to experience awe. Meanwhile, they're finding out more about what awe does for us.



BIG BENEFITS *of wonder*

1

AWE EXPANDS YOUR SENSE OF TIME. Most of us suffer from "time famine," the feeling that we have too much to do and not enough time in which to do it. In one of Rudd's studies, people who viewed awe-inspiring video montages (whales, waterfalls, astronauts in space) felt as if they had more time than those who watched cheery but uninspiring footage of a colorful parade. In fact, those in the awed group reported a greater willingness to volunteer their time to help others. Why the difference? "Awe brings you into the present moment," says Rudd. It makes you feel as if time has stopped: You cease worrying about the future or stewing about events in the past—your brain focuses on the here and now so as to make sense of what you're seeing.

2

AWE CAN BOND YOU TO OTHERS. In a study at the University of California, Berkeley, volunteers spent a minute either gazing up at 200-foot Tasmanian blue gum eucalyptus trees or looking up at an ordinary building. Then an experimenter purposely spilled a boxful of pens. Those who had looked at the trees helped pick up more pens than the building viewers. "Awe shifts your attention away from the self," says lead researcher Paul Piff, Ph.D., now an assistant professor of psychology and social behavior at the University of California, Irvine. "It gives people a broader sense of meaning and purpose in life by connecting them to something larger than they are. As a result, we are more likely to behave generously and less selfishly."

3

AWE MAY MAKE YOU HEALTHIER. Science has long linked chronic inflammation to serious illnesses, including cardiovascular disease, diabetes and depression. Now a new study in the journal *Emotion* suggests that awe may have an anti-inflammatory influence: Those who reported having more experiences of awe in the past month had lower levels of pro-inflammatory cytokines (proteins that promote inflammation in the body) than those who reported having fewer. The connection between awe and inflammation isn't clear, but "one possibility could be that people with chronic levels of inflammation are more likely to withdraw and less likely to want to explore the world, which opens you up to novel experiences," says study author Jennifer Stellar, Ph.D., of the University of Toronto.

ways to get

MORE AWE IN YOUR LIFE

"Our culture is awe-deprived," says Paul Piff, Ph.D. "We spend more time looking down at our phones than up at the sky." But once you know how to seek out awe, it's easy to find more and reap its benefits.

CHASE WHAT INSPIRES YOU. "Awe is not one-size-fits-all," says Stellar. The subjects in one of her studies describe a range of things that spur awe, from the beauty of nature to admiration of the accomplishments of a blind chef. "Whatever tends to make you feel awe, tap more of that," she recommends.

ZERO IN ON DETAILS. Look with fresh eyes at ordinary things, says Shiota. "Slow down to examine one flower carefully. Really pay attention and take in all its complexity," she advises. Try this approach, and the frost on your car's windshield might amaze you with its lacy symmetry instead of agitating you.

DO SOMETHING NEW. We move through our days such that "one is similar to the next," says Shiota—same coffee, commute, lunch order. New experiences increase the chances that we'll encounter something surprising. So, break routine: For example, instead of eating lunch at your desk, stroll to a scenic vista or sculpture.

TAKE MINI AWE BREAKS. "Squeeze in bursts throughout the day," says Rudd. Use breath-taking images as a screen saver. Keep a stash of go-to awe items, like a YouTube clip on the cosmos, or follow @homnick, an L.A. photographer who posts an inspiring nature photo daily on Instagram.

TRY BIG STUFF, TOO. The types of experiences that tend to elicit the greatest awe are often dismissed as frivolous: traveling, going to museums, gazing through a telescope. "Such experiences are essential to well-being, so make them a priority and don't feel guilty," says Stellar.

SPEND TIME WITH KIDS. "They're in a state of awe all the time, finding things they've never encountered before," notes Piff. Try studying the mysterious comings and goings at a backyard anthill together, or let them help you cook up something delicious in the kitchen. "Being around kids gets us to question our own understanding of the world," Piff says.

REFLECT ON PAST MOMENTS OF AWE. One way researchers elicit awe in a lab setting is to ask people to think back on experiences of wonder: the first time they saw their newborn baby, watching a bright comet streak across the night sky, viewing city streets from the peak of a skyscraper. When you're stressed, recall your own personal moments of amazement and enjoy the bliss.

#POWEROFAWE

Inspire others with your miracles by sharing what moves you—*GH* staffers did! Use #powerofawe.



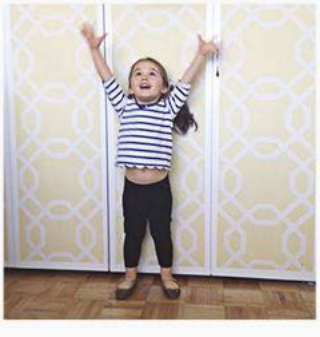
Me with a week's harvest of squash from my garden. I was awed by how much grew from a few tiny seeds.

—BEAUTY DIRECTOR APRIL FRANZINO



My husband and I were in St. Michael's Mount in Cornwall, U.K.—at low tide, you can walk a water wall to an island with a castle. It's the coolest thing I've ever done!

— EDITORIAL ASSISTANT CHRISSY KOPACZEWSKI



I asked my daughter, Gemma, how she felt being a big sister to her new baby brother. She jumped up and said, "I love him!" Melted my heart.

— STYLE DIRECTOR LORI BERGAMOTTO



this year

15,700 PREEMIES *in the U.S.* WON'T MAKE IT TO THEIR FIRST BIRTHDAY

And thousands upon thousands more will experience physical and mental challenges that bring heartache and hardship to their families. It's time to put a stop to this epidemic, and one organization is leading the charge *by* **SARAH ROBBINS**

What happens when a charity is formed with the sole purpose of preventing a terrible disease—and actually achieves its goal? Though nearly unheard of, it's not the stuff of fairy tales, but the real history of March of Dimes, which was founded in 1938 by President Franklin Delano Roosevelt in a bid to end the polio epidemic. The group literally completed its mission 17 years later with the discovery and widespread use of a breakthrough vaccine. But that wasn't the end for the nonprofit. Now March of Dimes has chosen a new (hopefully also achievable) mandate: to do for premature birth, infant mortality and birth defects what it did for polio in 1955. Recently it vowed to bring the premature birth rate from 9.6% (among the highest in developed nations) to 5.5% by 2030.

True to March of Dimes' roots as a scientific powerhouse, research is key to the plan: In just the past year, labs it funds have gained insight into factors that can contribute to prematurity, including genetics and the microbiome of the mother. But awareness and education are important to its mission, too—and that's where the 2016 National Ambassador Family (*opposite page*), who survived a premature birth experience, comes in. They'll spend the next year on a cross-country tour, with stops at Fox News and the White House, sharing their inspiring story and educating others.

5 SURPRISING **PREMATURE BIRTH** RISK FACTORS

You may know the biggies: carrying multiples (like twins); a history of uterine and cervix problems; being older than 35 or younger than 17. Lesser-known issues:

NOT WAITING. If you space your pregnancies less than 18 months apart, your body may not yet be ready to carry a baby to full term.

HAVING BEEN A PREEMIE YOURSELF. Women who have a family history of premature birth (their mom, grandma or sister had a premature baby) are at increased risk.

GETTING PREGNANT THROUGH IVF. Studies show that single babies conceived through IVF are around twice as likely to be born prematurely.

GAINING TOO LITTLE DURING PREGNANCY. Putting on less weight than your doctor advises is dangerous, even if you're terrified of taking it back off.

EXPOSURE TO THE DRUG *DES*. This man-made form of estrogen (technical name: diethylstilbestrol) was prescribed to pregnant women until 1971. If your mother took it (ask her, if you can), you were exposed to it in the womb—and that increases your risk of premature delivery.

Offset

MARCH OF DIMES 2016
NATIONAL AMBASSADOR
FAMILY

ISAMARI AND ISMAEL CASTRODAD

Ismael (a 35-weeker) had survived two serious hospitalizations by age 1



Now 13, Ismael (with his mother) loves acting in school musicals and playing soccer.

Ismael Torres-Castrodad of San Juan, PR, is a happy, healthy 13-year-old, but when he was born five weeks early, his long-term health was anything but assured. At a routine 35-week appointment, his mother, Isamari Castrodad, found out her amniotic fluid level was more than 60% lower than it should be, which meant her life and the baby's could be in danger. When inducing labor failed, Isamari had no choice but to undergo an emergency cesarean section. Ismael was born weighing 5 pounds, 3 ounces. To Isamari's great relief, he was pink and crying, and he was discharged right on schedule.

But all wasn't as well as it seemed. Babies' lungs mature throughout the third trimester, as does their ability to regulate their body temperature. The fact that Ismael was born early increased his risk of health problems. By Ismael's first pediatrician's appointment, there were real consequences.

At 4 days old, he had lost too much weight—he was just 4½ pounds—and had to be readmitted to the hospital for five days of monitoring. Seven months later, he was back with a bad case of respiratory syncytial virus (RSV), a severe coldlike illness. Soon afterward, he developed chronic asthma, suffering from monthly attacks for several years. As a toddler, he was hospitalized for pneumonia. "He was so small and young, I would have to guess what was happening," remembers Isamari. "I was desperate, watching him fight to breathe."

Fortunately, Ismael's asthma began to diminish at around the time he started grade school, and he now hasn't had an attack in years. Isamari, meanwhile, has turned the trauma of her son's childhood into a force for good, volunteering with her local March of Dimes chapter for the past seven years before becoming a 2016 National Ambassador. Her goal is to inspire pregnant women everywhere to speak up if they suspect that something is wrong. After all, that's what she did when she followed her gut and asked her doctor to check her amniotic fluid at 35 weeks even though it hadn't been planned.

"I wasn't afraid to ask for what I needed," she says. "As my son tells me, 'Because you did what you did, I'm here now.'" ◆





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–Susanna P.
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^ Nielsen xAOC 52 weeks unit/dollar sales ending September 5, 2015

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GH REPORT

BY THE EXPERTS AT THE **GOOD HOUSEKEEPING INSTITUTE**

BEST OF THE TEST

From Our Textiles Lab

MAKE OVER YOUR BED

Every night can feel like a stay in a luxury hotel: It all starts with five-star sheets. Many hotel chains are now offering signature lines, and several retail brands sell hotel-style collections. Our pros tested 19 sets for feel, durability, wrinkling and more. We've got no reservations about these winners



Gallery Stock

TOP HOTEL SHEETS

OVERALL WINNER: MARRIOTT

Beating out pricier hotel lines, this 300-thread-count option proved strong, had excellent fit and felt soft. It came out of the dryer with very few wrinkles, and thanks to its blend of 60% cotton and 40% polyester, it hardly shrank (poly doesn't shrink as much as cotton).

Marriott Signature Sheet Set, percale weave, $158 for queen-size (also available in king)

WRINKLE RESISTANCE ★★★
SOFTNESS ★★★★½
DURABILITY ★★★★½

SOFTEST: JCPENNEY

This luxe 500-thread-count 100% Egyptian cotton choice topped our consumer touch test for softness and comfort, and it resisted tearing. One downside: The sheets were fairly wrinkled after laundering. Comes in seven colors—more than any other winner.

JCPenney Hotel Concepts 500tc Egyptian Cotton Sheet Set, sateen weave, $175 for queen-size (also available in king)

WRINKLE RESISTANCE ★½
SOFTNESS ★★★★★
DURABILITY ★★★★

MOST WRINKLE-RESISTANT: CUDDLEDOWN

Love sliding into pressed sheets? This 400-thread-count 100% cotton pick was the smoothest after laundering (it has a wrinkle-resistant finish) and scored well for softness due to its combed cotton. Comes in white (with embroidery-color options) or ivory. A caveat: It didn't score as high for strength.

Cuddledown Hotel 400 Thread Count Sateen Sheet Set, $222 for queen-size (also available in twin, full and king)

WRINKLE RESISTANCE ★★★½
SOFTNESS ★★★★½
DURABILITY ★★★★

YOUR CHEAT "SHEET"

Confused by label lingo? Know your cottons from your blends.

TYPE OF FIBER	PROS	CONS	PRICE*
PREMIUM COTTON Made of extra-long staple (ELS) fibers, these carry a label such as Pima, Egyptian or Sea Island.	The longer length of the fiber makes sheets **more durable**. They may also be **softer**, since long fibers don't stick out as much as shorter ones.	It's a specialty fiber, so it can be **pricey**. And since there's no third-party certification for premium, you must take the company's word for it.	$$$
REGULAR COTTON Made of shorter staple fibers. If the label simply says "100% cotton," assume it's regular.	Because it's a more commonly grown fiber, you may **save money** at the register while still getting a quality product.	Shorter fibers can stick out and be a little rough, so it **may not be as durable** or feel as soft as premium cotton.	$$
POLY/COTTON BLEND A combination of cotton (usually regular) and synthetic polyester.	Polyester is cheaper to make, so blends may be **less costly**; it's also **more durable and wrinkle-resistant** (fibers easily bounce back into shape).	Polyester blends may have a **synthetic feel** and be less comfortable than cotton.	$

*Prices of sheets are also affected by fabric construction, brand name and other factors.

Buying Tips for Your Perfect Sheets

Look for these key features:

Percale weave...if you like a crisp feel. The yarn strands are woven equally over and under, in a gridlike pattern, so it feels less satiny.

Sateen weave...if you like a silky feel. Yarn strands are woven several in one direction over one in the other direction for a smoother surface.

Combed cotton...if you want extra softness. The manufacturer uses a brush to pull out short fibers, leaving behind longer ones. The result: a whisper-soft feel, since the short fibers won't poke out.

A thread count of 300 to 500. This is the sweet spot for softness and strength. You *can* find good 200-thread-count sheets, but they may not be as comfy—and a number over 500 isn't necessarily better.

HOW TO TREAT SHEETS SO THEY'LL LAST



WASH in warm water using the Permanent Press or Casual cycle. Use hot water only if you have allergies (heat kills dust mites)—the higher the temp, the rougher it is on the fabric.



DRY on Auto-Permanent Press or Casual (not timed). These cycles sense when sheets are dry so you won't expose them to unnecessary heat, which can cause shrinkage and damage.



NIX WRINKLES with the Extended Tumble option: It tumbles sheets intermittently (minus heat) so creases won't form. Or, toss in a damp washcloth for 10 minutes: Its moisture will help smooth.

ASK LEXIE



Lexie Sachs,
Senior Textiles Product Analyst
@LexieSachs

HOW DO I KNOW IF I NEED A NEW PILLOW?

If you suspect that yours is no longer supportive, use this test: Fold the pillow in half and place a weight (e.g., a heavy book) on it for half an hour. When you remove the weight, the pillow should spring back into shape. If it doesn't, replace it.

I WANT A COZIER DUVET. ANY TIPS?

If you're not allergic, choose a down-filled comforter—it traps heat better than alternatives. You'll want a fill power (the amount of space, or "loft," the down takes up) of 600-plus—non-down alternatives are often labeled with a fill-power equivalent. And pick a style with baffle-box construction, in which "walls" keep the fill from shifting.



Getty Images

From Our Technology Lab

WHAT THE TECH?!

MEET YOUR NEW **PERSONAL ASSISTANT**

She already lives in your phone and can remind you to buy TP, give you directions or text your mom. Our pros and 1,000-plus testers share top hacks for Apple's **Siri, Google Now** for iOS or Android, and Windows' **Cortana**



1 TACKLE YOUR TO-DO LIST

Tell your assistant, "Next time I'm at CVS, remind me to pick up shampoo." She'll show a list of nearby stores; tap one, and when you're close to that shop, an alert will sound. Google Now and Cortana can also ping you the moment you are in the vicinity of any CVS.

2 AWAKEN FROM A NAP

Before you hit the pillow, say, "Wake me up in 20 minutes." Your assistant will automatically set an alarm so you won't oversleep.

3 PUNCTUATE PERFECTLY

Add a comma or a question mark as you dictate to Siri and Google Now just by saying "comma" or "question mark" wherever you want one. (You can't do this with Cortana, but she'll try to punctuate correctly.)

4 BEFRIEND YOUR FAMILY

To get her (or *him*—Siri can swap genders) on familiar terms with, for example, your sister, say, "Text my sister." That prompts her to ask, "Who's your sister?" From then on, she'll know.

5 MAKE A DINNER REZ

Ask Siri or Google Now to book you a table at a nearby restaurant or one that you specify. Tap Make a Reservation, and you can choose a time via OpenTable. Booked! (Not yet available with Cortana.)

6 NAME THAT TUNE

Hear a jam at a restaurant or on the radio that you want to ID? Just ask your assistant what song is playing, then download, stat.

JETSONS-STYLE HIRED HELP



LIVING ROOM GENIE
ECHO HOME SPEAKER

This two-way speaker is like having an assistant/DJ right in your home. Say the wake-up word, "Alexa," and ask her to play the music (or news, or podcast) you're in the mood for. She can add items to a shopping list (synced to your phone or tablet via the app) and buy things from Amazon. She can also control certain connected home items (like Philips Hue bulbs) via voice commands from you. *Amazon Echo Home Speaker, $179, amazon.com*
A TESTER SAYS ***"I love that my kid can say 'Alexa, play*** **Doc McStuffins!'"** **LAB SAYS** ***She'll hear you even from across the room—there are seven microphones.***

CALENDAR ROBOT
X.AI "AMY"

When cc'd on an e-mail, this artificial-intelligence system will help you and up to five contacts negotiate a meeting time (she has a "convo" with them) and pop it into your Google Calendar. Go to https://x.ai to sign up for the free service (it had a wait list at press time). **A TESTER SAYS** ***"I send one e-mail and all the work goes on behind the scenes, not in my inbox!"*** **LAB SAYS** ***You can bug her at any time, day or night, for tasks like checking your calendar.***



My friend constantly texts while I'm talking to her. How can I make her stop without being a nag? —**JEN L.**

LIZZIE SAYS: This *so* depends on the friend! Some people can handle a creative approach. While she's texting, take out your phone and shoot her a simple text: *Hi!* It should get her attention enough to clue her in to her faux pas. Others need a gentler touch: An enthusiastic but direct "Let's shut our phones off while we hang out" when you first meet up might be all you need to ensure quality time with your friend.

PRODUCT RECALLS

FAULTY
FIRE ALARMS

Sure Signal Products has recalled about 375,000 **heat-activated fire alarms** because of a sensor that can fail to alert in the event of a fire. To request a replacement fuse, visit surealertproducts.com.

UNDEPENDABLE
EPINEPHRINE SHOTS

After 26 reports of suspected malfunctions, **Sanofi US** has recalled all **Auvi-Q** epinephrine auto-injectors due to possible inaccurate delivery. For reimbursement, call 877-319-8963 or go to auvi-q.com.

KEEP YOUR WINE FINE

From Our Kitchen Appliances Lab

Storage tips for your favorite bottles—plus, our top-performing wine fridge (yup, we had fun testing these)



BEST OF THE TEST
GE WINE CENTER, $550
This stainless steel gem stores 30 bottles and has tinted glass (to protect wine from UV rays), a keyed lock (kidproof!) and digital controls that keep the temperature uniform throughout. Lower-priced than most models, it outperformed a brand that cost twice as much. Cheers to that!

PAY ATTENTION TO TEMPS
If storing uncorked wine for longer than a month, keep the temperature between 53°F and 57°F. To serve a white, chill it to between 45°F and 52°F. Reds should be served slightly chilled, from 58°F to 65°F (not room temp).

AVOID FRIDGES WITH THIS FEATURE
Coolers with "thermoelectric technology" have temperatures that fluctuate as room air gets warmer or colder—a big no-no for wines, which do best at steady temps (spikes can make wine taste "cooked" or cause seepage).

NO COOLER? DON'T STOCK UP
Buy the amount you'll drink in the next month. Stash bottles in a cool, dark spot, but never on top of the fridge—it's too warm.

GH ON YOUR SIDE

E-MAIL SCAM!

Got a seemingly legit e-mail from a credit card company or PayPal urgently asking you to verify account info? Don't click! It may be a "phishing" e-mail, an attempt to steal personal info. Our tech pros say to look for common red flags (*right*). If it's suspicious, do this:

Log in via the official home page. Use the company's website or phone number listed on the back of your card—not the number in the e-mail—to verify account issues. And don't ever fill out forms in e-mail messages.

Report it. Forward it to **spam@uce.gov** and to the impersonated company (for American Express, use spoof@americanexpress.com; for PayPal, use spoof@paypal.com). Then file a complaint at ftc.gov/complaint.

CLUES IT'S A HOAX

From: American Express <info@[redacted].com>
Sent: Wednesday, September 23, 2015 3:16 PM
To: Clasen, Trish
Subject: Possible Irregular Card Activity

We detected irregular activity on your American Express Check Card on

23th September, 2015.

As the Primary Contact, you must verify your account activity before you can continue using your card, and upon verification, we will remove any re[redacted] placed on your account.

To review your account as soon as possible please.

Please click on the link below to verify your information with us:

https://www.americanexpress.com/

For your security, new charges on the accounts listed above may be declined. If applicable, you should advise any Additional Card Member(s) on your account that their new charges may also be declined.

ID DUPE Look at the sender address—if it's from a different company, it's a scam.

NO NAME? Real companies usually address you by name—here, there's no salutation.

SPELL-CHECK Look for spelling or grammatical errors. The *23th?* Red flag.

PHONY URL Hover over a link to view the URL—if it doesn't match the one in the e-mail, it's likely a fraud.

SEE A SKETCHY PRODUCT, SERVICE OR MAILING? E-MAIL ALERT@GOODHOUSEKEEPING.COM TO GET GH ON YOUR SIDE.

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SEAL SPOTLIGHT

PURSE ESSENTIALS

On-the-go stars that'll prep you for (almost) anything









INSTANT STAIN FIX

Don't cry over a little spilled wine. "Erase" the mishap ASAP and keep the party going. In Lab tests, Tide to Go banished stains on a slew of fabrics, including washable silk. The magic wand was one of our VIP (Very Innovative Product) Award winners in 2006, and our pros still recommend it! Carrying a small clutch? Opt for the mini version.

Tide to Go Instant Stain Remover, $4, and Tide to Go Instant Stain Remover Mini, $3

CHIC CHARGER

No outlet? No problem! Power your phone or camera from a device smaller than a Pez dispenser. Connect the portable Halo 3000 charger to any device that uses a standard USB output cable. Rechargeable and UL-listed for safety, it fuels one full charge cycle for most smartphones. Want even more battery life? Choose the Halo 6000, which packs double the charge time.

Halo 3000 Charger, $40, and Halo 6000 Charger, $49

SKIN SAVIOR

The secret to this do-it-all balm: It forms a barrier to keep moisture in, dryness out. Aquaphor Healing Ointment soothes chapped lips; dry, cracked skin; and even diaper rash (our executive editor swears by it)—all without clogging pores.

Aquaphor Healing Ointment, $6 for 1.75 oz.

THE WRITE STUFF

Carry a Pilot G2 gel pen, and you won't have to deal with smears or dried-up ink. In Lab tests of 40 brands, it proved one of the longest-lasting, and consumers were impressed by its minimal smudging, smooth writing and contoured rubber grip. It's available in an array of colors (including metallic), tip sizes and designs—even mini styles.

Pilot G2 Pen, $2.74 for pack of two

*Applicable if product proves defective within two years of purchase. Replacement at GH's discretion; cash refund limited to the lesser of the amount of the purchase price or $2,000. Certain other limitations apply. Go to ghseal.com for details.

Photograph by Mike Garten (Tide to Go)

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2 CHANCES TO WIN A LUXURY SPA VACATION
Details, page 128

WISH YOU WERE HERE? You could be! A trip to The BodyHoliday in St. Lucia is up for grabs.

sit back, RELAX *and* LOSE WEIGHT

Feeling a little holi-dazed after two months of eating, drinking, eating, probably not exercising and more eating?! Don't join some overcrowded gym or restrict yourself to rice cakes! Our spa-inspired four-week reboot is the ultimate mind-and-body detox. There's no dieting or exercise required...but you may accidentally drop a few lbs.

by BETH JANES

The BodyHoliday

WEEK 1

DO (NEARLY) NOTHING

You know how your phone works better if you turn it off for a bit? The same applies to you!

Be bored.

Sit in a cozy chair, away from work or household projects like laundry, for a few minutes several times a day, every day. Notice the serenity of the moment. If unwelcome thoughts creep in, let them pass, then refocus on something tranquil in your line of sight. This mini meditation clears your mind and reduces anxiety.

Ease into the A.M.

Instead of wrestling with your phone and your kids the second your eyes pop open, wake up a little earlier to stretch, take a luxurious shower or listen to music. A relaxing ritual can "set the tone for the entire day," says Coral Arvon, Ph.D., director of behavioral health and wellness at Pritikin Longevity Center & Spa in Miami.

Go outside.

Nature is a powerful tool for rebalancing body and mind, says Deborah Parker, director of wellness at Lake Austin Spa Resort in Austin. A five-minute jog in a green space improves self-esteem and mood, per research in *Environmental Science & Technology.* Not a runner? A walk might help, too.

Get in bed by 10 P.M.

"Your sleep may be more restorative if you go to bed well before midnight," says Mahalingam LakshManan, N.D., a wellness leader at The BodyHoliday in St. Lucia. Plus, research from Northwestern University found that people who went to bed late consumed 248 more calories per day than those who nodded off sooner.



BREATHE THIS WAY FOR INSTANT CALM



BE SQUARE
Inhale through your nose for four counts, hold for four counts, exhale through your nose for four counts, then hold again for four counts. Repeat four times.



BLOW OFF STEAM
Take a long, slow inhale through your nose, Parker suggests, and imagine breathing in the emotion you want to feel (joy, love). Exhale any negativity through your mouth.



SWITCH SIDES
Place your right hand's index and middle fingers between your brows. Now put your right thumb on your right nostril and your right ring finger on your left nostril. Press with your thumb to breathe in with only your left nostril. Press with your ring finger to breathe out, then in, through your right nostril. Alternate for nine deep breaths.



Getty Images

5 Proven Secrets to a

Good Night's Sleep

Stay cool. Experts suggest you'll sleep best in a room that's between 65°F and 70°F, even if you're snuggled under blankets. Your sheets matter, too; for GH Institute top-tested picks, see page 75.

Stash devices. "Blue light from screens can affect your circadian rhythms," Parker says. Your body thinks your phone's glow is the morning sun, which makes it harder to fall and stay asleep. (Devices dedicated to e-reading that don't have backlit screens won't have this effect.) Anything else that keeps your mind active, such as a paperback thriller you can't put down, may rev you up, too.

Embrace the dark. Hang blackout blinds and lose the night light. Your room should be as dark as a cave, says Brad Crump, health services manager at Red Mountain Resort in Utah. The body relies largely on the absence or presence of light to cue sleep and waking, so the darker it is when you slip between the sheets, the better.

Stick to a schedule. Try to turn in and get up at around the same times every day. This will help set your body's internal sleep/wake clock and make falling and staying asleep easier, Crump says.

Clear up clutter. Rid your night-stand of books, empty water glasses and other random stuff, Arvon advises. Even if you're not consciously bothered by it, the mess is sending wakefulness-oriented alerts (*Read me! Look at me!)* to your brain.

WEEK 2

EAT, DRINK & BE HAPPY

Focus on enjoying tasty, nourishing foods and test-driving a few new healthy eating habits. You'll gain energy, feel more in control and effortlessly shed a few pounds.

Start with produce.

Begin your morning with fruits and veggies to establish a positive frame of mind toward food all day, says Brandon Cathey, executive chef at Miraval Resort & Spa in Tucson, AZ. Try his Super Green Smoothie, *right,* for a delicious way to knock off one serving of fruit and one serving of veggies at breakfast.

Have fish more often.

Eat seafood once more per week than you already do, says Angela Onsgard, R.D.N., nutrition supervisor at Miraval. (Aim for two or more servings each week.) For one of your fish dishes, choose swimmers like wild Alaskan salmon, mackerel or sardines—all three options are rich in omega-3 fatty acids, which fight inflammation and may help decrease body fat.

Fill up on good fats...

...and protein. Try to fit both into every meal. Snack on a hard-cooked egg, add shrimp to whole-grain pasta, dress salads with olive oil–based marinades and top toast with 2 Tbsp. of nut butter or half an avocado.

Drink water all day.

Sipping water or unsweetened tea keeps your hands and mouth busy, helping you avoid mindless snacking. And it prevents you from mistaking thirst for actual hunger, says Marci Howard-May, director of spa and wellness at Red Mountain Resort.



Super Green Smoothie

Full of produce, straight from Miraval Resort & Spa

1 c. packed baby kale
1 c. packed spinach
Flesh from 1 ripe mango
1 cored apple
2 Tbsp. lemon juice
1 tsp. grated fresh ginger
2 c. unsweetened almond milk
7 grapes
2 c. ice

Combine in a blender and blend until smooth. Serves two.

Headache Help

Any time you make a major change to your diet (e.g., avoiding treats, chocolate or caffeine), a headache is a possible short-term side effect. Reducing blood sugar fluctuations with healthy eating can help in the long run. Here are other ways to feel better naturally.

Drink a tall glass of water—you may just be dehyrated, suggests Seth Marquit, M.D., medical director at Pritikin Longevity Center.

Step outside for fresh air and take a series of deep breaths. The stale air in your home could be contributing to the pounding.

Pinch the area between your thumb and index finger; it's an acupressure point that can ease head pain.

Take a sniff of an essential oil like lavender, peppermint, eucalyptus or basil. "These scents can elicit a relaxation response," says Onsgard.

BE A ZEN EATER

HIT PAUSE
Before you bite, ask yourself why you're eating. Are you hungry? Bored? Questions like this remind you to eat only when your body truly wants food.

PUT DOWN YOUR FORK BETWEEN BITES
Think of this as introducing a series of speed bumps that force you to slow down, Onsgard says.

FOCUS
Turn off the TV and your phone. Distractions can cause you to miss the signals your body sends when it's had enough.

USE ALL YOUR SENSES
Pondering your food's look, texture, taste and scent can help you leave the meal feeling more satisfied.

Aaron Graubart/Trunk Archive (glass); iStockphoto (smoothie).

WEEK 3

ENERGIZE YOUR BODY

As promised, no gym time required!

Power your shower.

Near the end, turn the water cold for a minute, then back to hot. Alternate several more times, ending with a cool rinse. Warm water dilates blood vessels and cold constricts them; the back-and-forth boosts circulation, which feels exhilarating.

Get on your feet.

Stand up at least once an hour. A recent study in the *European Heart Journal* finds that replacing two hours of sitting with two hours of standing every day may lower blood sugar and cholesterol levels.

Mind your posture.

When you do take a seat, you'll feel more energized if you use your core and keep your spine straight, Arvon says. The simple act of sitting upright helps maintain self-esteem and improve your mood, reports a study in *Health Psychology.*

Treat your feet.

"Stimulating the pressure points and nerve endings in your feet gives your entire body relief," says Jacqueline Berry, spa director at Canyon Ranch. (It also helps prep your feet if you want to start a workout plan in the future.) Roll a tennis ball along the lengths of your soles, or check out the spa's Sole Energizer tools ($60, canyonranch.com) and companion exercises.

Brush your skin.

Dry brushing—going over your skin with a soft-bristled brush—gives you a quick energy boost, Parker says. "It drives circulation and encourages lymph drainage. With a firm brush, make quick, sweeping upward motions toward your heart. Start at your left foot, moving up your left leg to the abdomen; repeat on right. Next, brush around abs, starting at the navel and going clockwise in a large circle. Brush around and under your breasts and up your left arm. Repeat on your right arm, brushing up to your chest.



GH BEAUTY LAB PICK:
The Body Shop Cactus Body Brush, $15, thebodyshop-usa.com

THE MOST RELAXING YOGA POSE EVER



Lie on your back, legs vertical against a wall, tailbone resting on a folded towel. Hold the pose for 15 to 20 minutes. "Stress slips away as blood rushes back to your main organs," Parker says. "Afterward, it feels like you've had a nap."

From Our Technology Lab

TRIED + TESTED

FUN TECH THAT EASES STRESS

ANTI-ANXIETY APP
Listen to relaxing bells or do guided meditation. Set the timer for 3 to 30 minutes, or try the 5-minute body scan.
The Mindfulness App, $2, iTunes

SOOTHING SITE
When you visit this free site, the only thing to do is view a tranquil seascape.
donothingfor 2minutes.com

HIGH-TECH HEADBAND
A sensor-packed device monitors brain activity while you meditate and prompts you to refocus if you're distracted.
Muse, $299, choosemuse.com



6-Minute Tone-Up

These daily to-do's from Scott Danberg, director of fitness at Pritikin Longevity Center, firm with minimal effort.

Pop-up Sit in chair, feet flat on floor. Stand without using hands. Slowly squat, barely touching butt to chair, then stand again. Repeat 10 times.

Toe toucher Stand with legs apart, toes pointing forward. Bend at waist, with back flat, and stretch fingers toward toes. Hold for four slow breaths. Return to upright. Repeat one to three times.

Back attack Sit in chair, feet flat on floor. Bend forward slightly, keeping back straight; let arms hang. Make fists and slowly draw elbows up and back, squeezing shoulder blades together. Repeat 15 times.

Cat stretch Staying seated, bend forward slightly, dropping chin and rounding back and shoulders. Lace fingers together in front of knees, palms facing you. Hold for four slow breaths. Return to upright. Repeat three times.

Wall push-up Standing a foot away from wall, place palms on wall in front of you, slightly below and wider than shoulders. Bend arms, then push back out. Repeat 15 times.

Open wide Stand straight, arms stretched out on either side, palms facing forward. Squeeze shoulder blades together to open up chest. Hold for four slow breaths. Repeat three times.

iStockphoto (brush); Getty Images (6-Minute Tone-Up).

Sore No More

Before your next workout, let GH Trainer On Call **Latreal Mitchell** show you how to ease knots.



Sit on a foam roller with hands behind you. Cross right ankle over left knee to form a 4. Shift weight slightly to right hip and roll forward and back a few inches, eight times. Repeat on other side. As you release tension in your glutes, you'll also open up your lower back.

GET THE GEAR
Top, michiny.com. **Pants,** zweetsport.com. **Shoes,** Nike, zappos.com. **Foam roller,** TriggerPoint Grid 2.0, $65, tptherapy.com.

4 Q'S TO ASK YOURSELF

WHAT DO YOU WANT TO ACHIEVE?
Write down a goal that's 90% attainable, 10% aspirational.

WHY IS IT IMPORTANT TO YOU?
Consider how it may make your life better.

HOW WILL YOU DO IT?
Create a bulleted action plan.

WHO WILL HELP YOU?
Line up friends to cheer you on!



MEET OUR SPA GURUS

GH partnered with six top wellness retreats to bring you this supremely relaxing and truly effective detox plan. Thanks to Red Mountain Resort, The BodyHoliday, Canyon Ranch, Pritikin Longevity Center & Spa, Lake Austin Spa Resort and Miraval Resort & Spa for sharing their live-better secrets. And guess what? We're giving away a **three-night stay for three,** valued at $5,000, at Red Mountain Resort in Utah and a **three-night vacation for two,** valued at $3,700, at The BodyHoliday, St. Lucia. See page 128 or enter at **goodhousekeeping.com/utah** and **goodhousekeeping.com/stlucia.**

WEEK 4

SET YOURSELF UP FOR SUCCESS

Now that you're rested and recharged, you're ready to start an actual diet-and-exercise program. This week is your final prep for a more active life.

Buy some new gear.

Well-fitting workout clothes are motivating. "When you look good, you feel good," Danberg says. "Think about athletes like Serena Williams and Lolo Jones. They dress smart because it helps them feel confident and ready." Check out Fabletics (fabletics.com), a brand that sends coordinating outfit recommendations to you each month, or Chase Infinite (chaseinfinite.com) or Liquido Active (liquidoactive.com) for tanks printed with encouraging sayings like "I wear strength."

Pump up your playlists.

Go through iTunes Radio and sample workout mixes online. Also try GH Institute–tested music-streaming subscription services like Spotify, Apple Music and Rhapsody, which let you create playlists or listen to premade ones and save them to your phone. Research shows that rocking out while you work out pushes you to exercise harder and longer.

Make more "me time."

Pick at least two of your regular tasks and outsource them or cut them out altogether to make time for exercise. Two ideas: Start a carpool with another mom, and order groceries online. (Ask your local supermarket about personal shopping and home delivery.)

Seek new workouts.

You're more likely to stick with exercise routines you like, so check out workout videos on YouTube or call nearby studios and gyms to ask about free or discounted trial classes. You can also browse fast, effective at-home workouts from GH Trainer On Call Latreal Mitchell at goodhousekeeping.com/just3moves. Start with the move above left.

Start a real diet.

You won't find an easier or more delicious weight-loss plan than GH's SuperCarb Diet, which centers on an A-list group of super grains like whole wheat, buckwheat and oats; super starches like squash, sweet potato and beans; and super spices like garlic and cayenne pepper. Find out more at goodhousekeeping.com/supercarb and start today.

Photograph by Mike Garten (Latreal); hair by Ananda Khan for Big Leo; makeup by Devon Cass (Latreal); Red Mountain Resort (Meet Our Spa Gurus).

MAKE EVERYDAY Delicious



Potato-Topped Mini Meatloaves

What You Need

1 lb. ground beef
1 pkg. (6 oz.) STOVE TOP Stuffing Mix
1 cup water
2 Tbsp. A.1. Original Sauce
6 oz. (3/4 of 8-oz. pkg.) PHILADELPHIA Cream Cheese, cubed
3 cloves garlic, minced
3 cups hot mashed potatoes
¼ cup chopped fresh parsley
1 jar (12 oz.) HEINZ HomeStyle Savory Beef Gravy, warmed

Make It

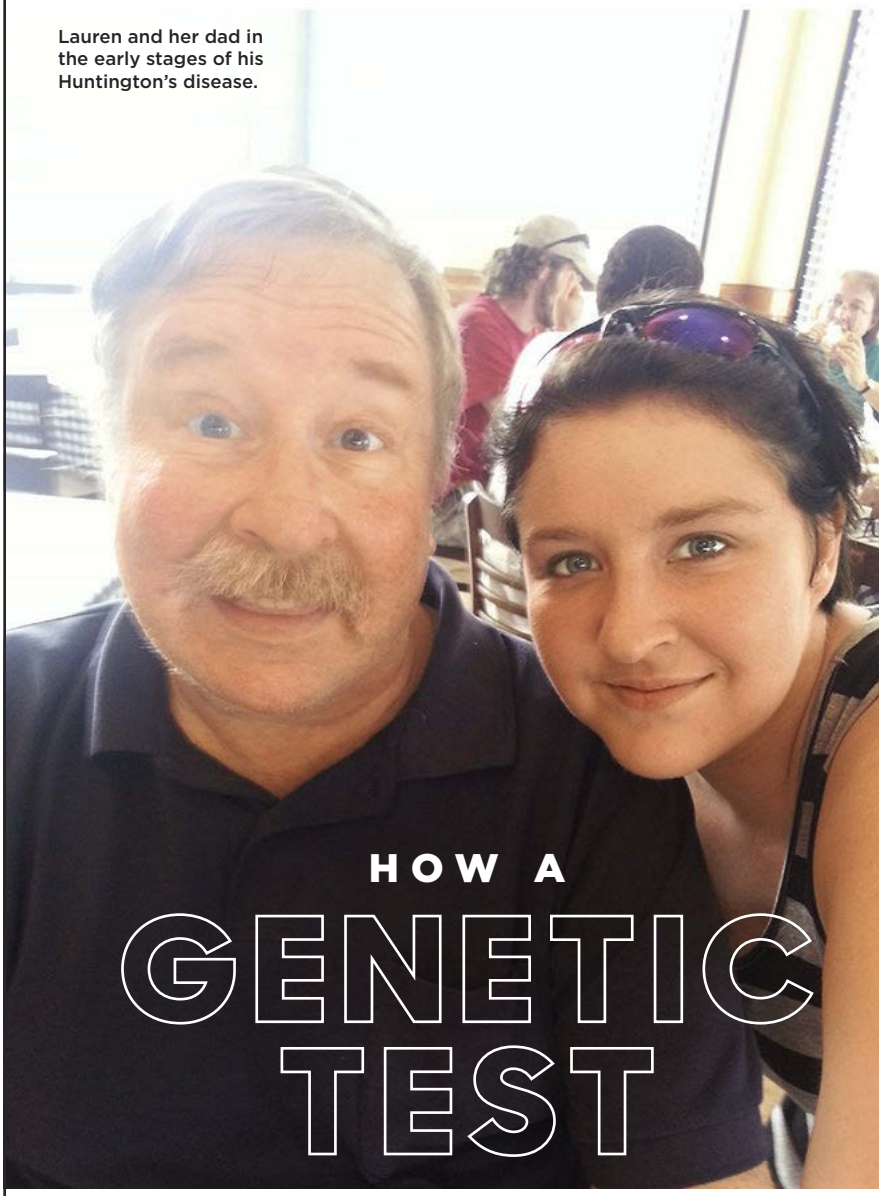
Heat oven to 375°F.
Mix meat, stuffing mix, water and steak sauce; press into 12 muffin cups sprayed with cooking spray.
Bake 20 to 25 min. or until done (160°F).
Add cream cheese and garlic to potatoes; stir until cream cheese is melted. Stir in parsley. Scoop over meatloaves. Serve with gravy.



For additionl recipes, go to **walmart.com/kraftfoods**

Available at your local **SUPERCENTER**

Kraft Heinz



Lauren and her dad in the early stages of his Huntington's disease.

HOW A GENETIC TEST CHANGED MY LIFE

As a teen, **Lauren Holder** learned that a cruel and fatal disease was stalking her family—and that she might have inherited the gene for it from her dad. Now 30, she tells *GH* about her journey to discover the truth

as told to **VIRGINIA SOLE-SMITH**

When I was 5, my grandpa Rose took my dad and me out on his boat off the coast of Florida, where we live. It was a hot, bright day, and as the boat skimmed over the water, I asked my dad to put up the sunshade so we could cool off. It was a small request, but Grandpa Rose exploded in rage: "No! We're not doing that!" Then he began to curse. I was shocked, but my dad wasn't. As I would soon find out, violent outbursts were the norm for Grandpa Rose and had been for some time. His reputation as a cruel abuser was no secret in our family.

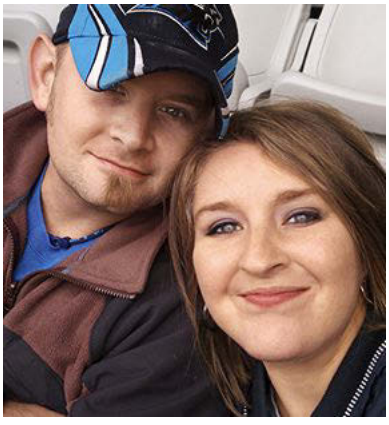
And then, 10 years later, Grandpa Rose became someone else entirely to me. That was the day my aunt told me he had Huntington's disease (HD).

FEAR SETS IN

Until I was 15, I had never heard of HD, a neurodegenerative disorder that is like Alzheimer's disease, Parkinson's disease, bipolar disorder and Tourette's syndrome rolled into one. But my aunt Amy told me what it was and explained that all of Grandpa Rose's behavior—his temper, slurred speech (which we had wrongly thought indicated a drinking problem) and recent difficulty swallowing—had been symptoms. The disease would worsen, Amy said; near the end, he would be trapped inside a stiff body, unable to eat, talk or move. The scariest part: HD is inherited. There was a 50/50 chance my father had it, and if he did, I faced the same odds.

Upon hearing the diagnosis, my grandpa, in total denial, jumped in his car, drove across the country and never came back. My family was actually relieved—his being so far away made it easier to avoid thinking about the situation. My dad didn't seem to take the news seriously. "Just chain me up in the backyard with a drink, and I'll be fine!" he joked about the possibility of developing HD, but inside, he must have been terrified. My grandpa was the meanest person I knew. Now there was a chance that my dad could turn into that kind of monster...and that I could, too.

Then, around the time I turned 18, I was chatting with my dad in our kitchen when he suddenly started screaming in anger and squeezing my arm hard enough to leave bruises. We didn't talk about it, but I know we were worried about the same thing: He might be getting HD, too. →





MAKING IT COUNT Lauren at a football game with husband Josh in 2014 (*left*) and reconnecting with her grandpa Rose before he died in 2007.

THE 411 ON HD

HUNTINGTON'S DISEASE is an incurable inherited brain disorder that results in the progressive loss of mental faculties and physical control. Signs usually appear between ages 30 and 50 and worsen slowly over the next 10 to 25 years.

WHO'S AT RISK?
You can develop the disease only if one of your parents has the mutated HD gene and you inherit it. It's estimated that one in 10,000 Americans has HD, and more than 250,000 others are at risk of having inherited the gene.

IS THERE HOPE?
Research has yet to find a means of slowing the deadly progression of HD, but last year scientists launched the first clinical trials to study the safety of a drug designed to silence the gene. For more information, visit hdsa.org.

LEARNING MY FATE

As soon as Grandpa Rose was diagnosed, when I was still in high school, I flung myself into researching HD. One of the first things I learned was that the same blood test that had found HD in him could tell me whether I would get it. When my dad began showing symptoms a few years later, he wasn't interested in the test for himself, but I decided to get tested as soon as possible.

The genetic counselor I found wasn't as supportive as I had hoped. "If you have the genetic mutation for Huntington's, there's nothing we can do," she told me. "There is no medical benefit [to knowing]." I understood, but I also knew that without the test result, I would obsess over whether, when and how I might get sick. Testing would put the biggest piece of the puzzle in place.

After the blood draw, the wait for the results felt endless. I kept asking myself the same questions: What would a positive result mean for me and my dad? Would I hurt those I loved like Grandpa Rose had? Would my husband, Josh, whom I'd wed at 19, leave me?

When the day finally arrived, the counselor didn't make us wait. As we walked into her office, she said it: "You tested positive. You are going to get Huntington's disease."

A NEW REALITY

When I heard the news, I burst into tears—of sadness, but also of relief, because I wasn't wondering anymore. But as we began to talk, fear settled in. It's surreal to have someone tell you how you're going to die.

Adjusting to my new reality over the next few days, weeks and months wasn't easy. I developed insomnia, had anxiety attacks and got very depressed. Any time I got mad or acted clumsy, I would freak out and think, *This is it.* It was also difficult to deal with my parents: Though my dad's angry outbursts continued, neither of them had accepted that HD was the cause. Talking to my mom about it was like talking to the air.

Still, I was determined that my test results should help someone. I knew my grandpa Rose, then 73, was in a nursing home in Seattle, so I flew out to see him. At first glance, I couldn't tell if he was alive; he'd lost so much weight, and his body had become stiff. That night, I cried myself to sleep.

But the next day I forced myself to visit again, bringing family photos. Though he hadn't been out of bed in six months, I asked him, "Do you want to get up and sit with me?" It took a few minutes for him to get a word out, but when he did, he said yes, and so we sat and looked through the pictures. When it was time to leave, I said, "I love you." For the first time in my life, Grandpa Rose told me, "I love you, too."

When I got home, I sent my dad pictures of the trip, and days later he and his sisters flew to see their father. Grandpa Rose died just months later. I'm forever grateful that we all made peace and said goodbye.

READY TO LIVE

It's been 10 years since I got my results, and I'm still presymptomatic. My doctors think that will change when I'm in my mid-40s.

There have been times when I've tried to push Josh away, to protect him. But he always says, "We're in this together." Still, I know he wishes we could have kids as badly as I do. But I don't want to pass this gene to a child, nor would I want a child to have to take care of me at a young age.

But whenever I think *Poor me,* I remember my dad. Three years ago, he said, "Lauren, I looked up Huntington's disease. I think I have it." I realized that it had taken me facing my truth for my dad to accept his. Soon afterward, he joined me in volunteering with the Huntington's Disease Society of America.

At 57, my dad has little short-term memory; by noon, he can't tell you what he ate for breakfast. He walks slowly, has poor balance, suffers from mood swings and has other health problems, like complications from diabetes, that disorient him. But there are good moments, too, when I know he's still Dad. If my mom gets flustered, he'll tease her by saying, "Oh, no—you caught my Huntington's!" And we laugh, because no one is living in denial anymore. We're all determined to get as much as we can out of life. We are living with Huntington's disease, but that doesn't mean we can't live.

YOUR QUICKIE GUIDE TO

GENETIC TESTING

Depending on your family history, your DNA could tell you *a lot* about your health. Intrigued? Start here *by* VIRGINIA SOLE-SMITH

GENETIC TESTING isn't only relevant to people who have a disease like Huntington's in their families. "I think in the not-too-distant future, a person's genome sequence will be a part of his or her health story. We'll refer to it whenever a health question presents itself," says Lisa Edelmann, Ph.D., an associate professor of genetics and genomic sciences at Mount Sinai's Icahn School of Medicine in New York City.



Thanks to major strides in genetic technology, scientists have tied more than 2,000 genes to specific diseases, and there are over 900 tests available to patients. But the science isn't perfect yet. Today, testing walks a fine line between lifesaving and life-complicating: Clear results could bring relief or help you make a change, but inconclusive ones may take an emotional toll or require tough choices. Below, find out what testing can and can't answer.

AM I LIKELY TO GET A SERIOUS ILLNESS?

FIND OUT WITH:

PREDICTIVE SCREENING

These tests can be done on adults of any age to assess whether they have a predisposition to certain conditions, including breast cancer, heart disease and Huntington's disease.

BENEFITS: Positive results often motivate people to take preventive measures like exercising, eating better, undergoing screenings such as breast MRIs and more. With unavoidable conditions like HD, testing can help you spot early symptoms and reexamine your life goals.

TESTER BEWARE: Inconclusive results—that is, you show some susceptibility to a condition, but a geneticist can't calculate your exact risk—are common. And even definitive testing can't tell you when a condition will set in or how severe it will be, says Joy Larsen Haidle, of the National Society of Genetic Counselors. Before testing, "Ask yourself, *Will I use this information, or will it only make me anxious?*"

WILL I PASS A "BAD" GENE TO MY BABY?

FIND OUT WITH:

CARRIER SCREENING

Either before a couple conceives or during early pregnancy, this testing can be done to calculate a mother and father's odds of passing disorders like sickle cell anemia and cystic fibrosis to their offspring.

BENEFITS: If you're considering becoming pregnant, you'll likely feel reassured: Only about 1% of couples who go through carrier screening will turn out to be at risk of passing on a disease. Couples in this group can consider preimplantation genetic diagnosis (PGD), which is done in conjunction with in vitro fertilization to weed out embryos with a condition. A prenatal diagnosis can also help doctors plan treatments, like surgery for a newborn with a genetic disorder that causes congenital heart defects.

TESTER BEWARE: Depending on the results, couples who wait until pregnancy for testing may have to make difficult decisions. Plus, "a negative result doesn't mean you have zero risk," says Edelmann. "Everyone has some degree of 'residual risk.'"

IS THERE MORE TO THESE SYMPTOMS THAN IT SEEMS?

FIND OUT WITH:

DIAGNOSTIC TESTING

This is used when a patient displays mysterious symptoms or a child has severe developmental delays.

BENEFITS: "These patients and their families have often been on diagnostic odysseys trying to understand what's wrong," says Haidle. Finding the genetic cause of their condition can end that quest and tell parents how likely they are to have another child with the same problem.

TESTER BEWARE: As with predictive screening, inconclusive results can be common. If initial tests come back negative or inconclusive, your genetic counselor may suggest exome sequencing—a technique for uncovering all of the protein-coding genes in a genome. "Since we're looking so broadly, you need to be prepared for what else we might find," says Edelmann. She's had patients do it to help with an undiagnosed childhood disease only to learn about an increased risk of cancer.

WHO KNEW?

YOUR GENES COULD HELP YOU FIND A PAINKILLER. A new type of test called a pharmacogenetics (PGx) screen uses DNA to determine whether a patient is a good match for certain medications (including codeine, oxycodone and Plavix, a medication that prevents blood clots). In the next few years, this test should help doctors pinpoint the ideal usage and dosage for around 200 drugs.

THE GENETIC-TESTING PROCESS

WHAT TO EXPECT

STEP 1: First, you'll meet with a genetic counselor (click on Genetic Counselor Search at nsgc.org to find one) to discuss which tests might be a fit.

STEP 2: Your blood or saliva will be drawn; results take one to several weeks.

STEP 3: You'll likely get results in person. Bring a spouse or friend for support and as a second set of ears.

STEP 4: You'll process the news. Depending on the conditions tested for and the complexity of the results, you may feel relieved, shocked, scared or something else entirely. Your counselor can refer you to support groups or a therapist as needed.

From Our Health Lab

TRIED + TESTED

DNA KITS

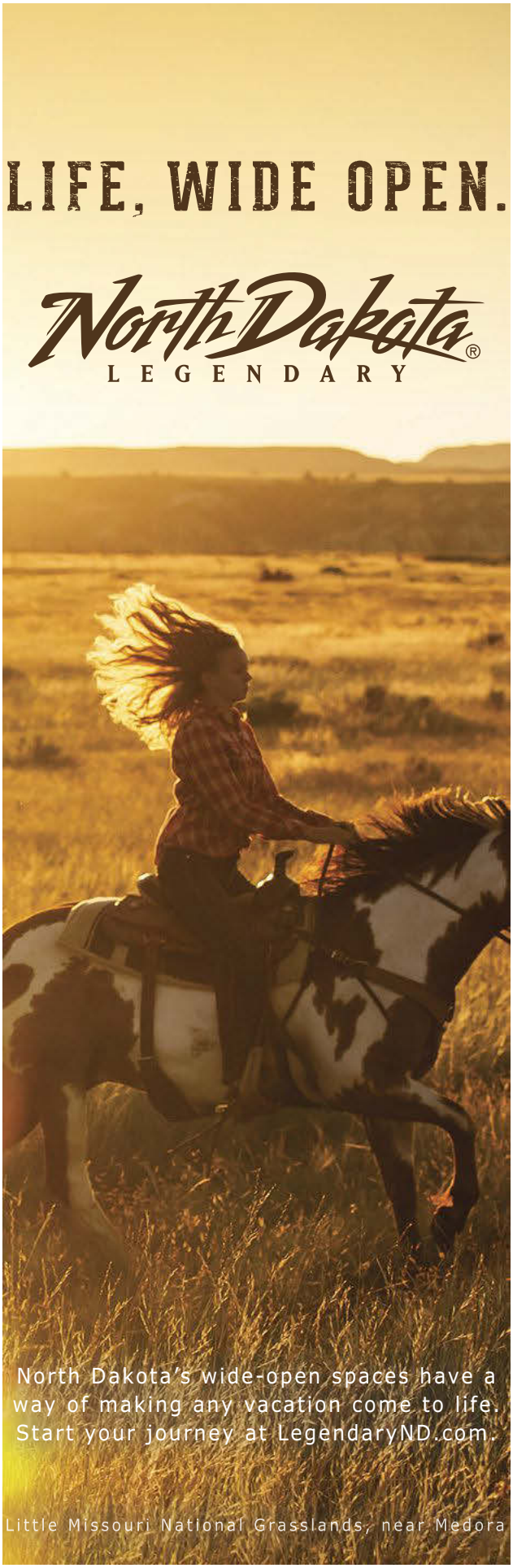
Online services decode your genes to reveal your ancestry. The GH Institute vetted three

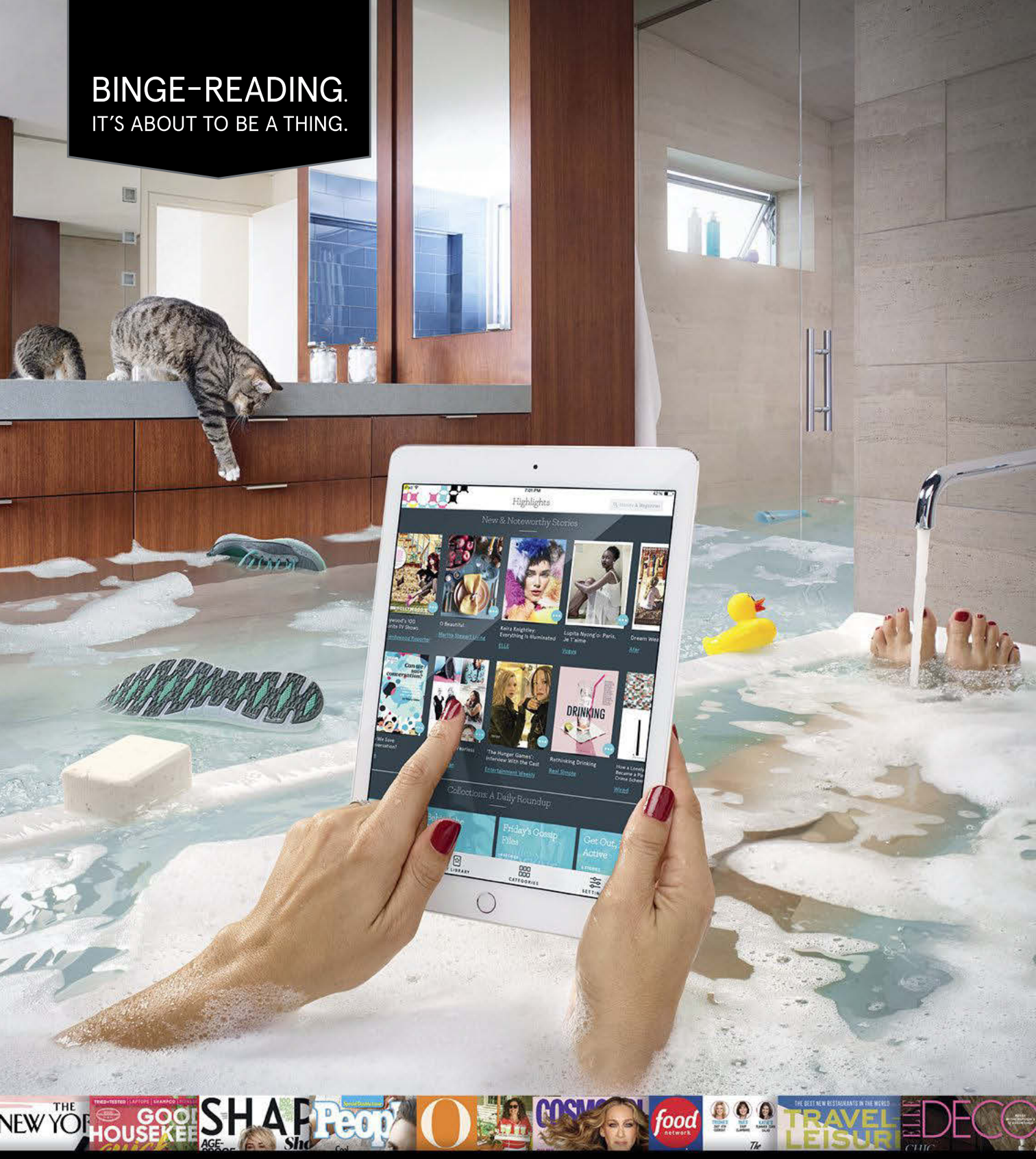
Not interested in health information? There are personal genomics companies that investigate ancestry. All you have to do to get results is send in a sample of saliva. Whether you're adopted or merely have a murky sense of your roots, the results can be eye-opening.



GH'S WINNER: 23ANDME

The GH Institute parsed more than a dozen options and had one local tester—Jennifer, 30—try the three most robust services. All three kits gave an accurate (and similar) picture of her origins and ethnicity, the results corresponding with her extensive family knowledge. But 23andMe presented the information in the most digestible format (via an interactive color-coded map). The other services were harder to navigate and, at times, glitchy. Another bonus: 23andMe has more than 1 million active users, which increases your odds of finding a long-lost relative. It's also the only kit that provides health information: Thanks to recent FDA approval, 23andMe now delivers carrier screening for 36 gene variants along with a detailed results explanation that could be similar to what a genetic counselor would provide. Established clients who used the service before this new feature can receive carrier results at no extra charge. **$199, 23andme.com**





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THE 7 HABITS OF HIGHLY EFFECTIVE

COLD & FLU DODGERS

The average adult gets two to three colds per year. But since when are you content to settle for average? These proven strategies will help bring your number down...maybe even to zero

by KATE ROCKWOOD



1 WASH YOUR HANDS!

Do it any time they get germy—not just after you shake hands or use the bathroom. Contact with the germ zones listed here calls for a thorough job...

The office coffeepot. Everyone touches it after commuting in, often before they've washed up.

Elevator and ATM buttons. Viruses can survive on plastic surfaces for hours or even days.

Your purse. Admit it: When there's no hook in a public restroom, you put your bag on the floor—then you toss it on the kitchen counter when you get home (blech).

A restaurant menu. When was the last time you saw someone wash one off? Exactly.

Your smartphone. Not-so-fun fact: The average phone harbors more germs than a toilet seat.

The gym. Scientists found rhinoviruses (the bugs behind the common cold) on 63% of gym equipment at the fitness centers where they tested.

In a recent study, those who stuck to a strict cleanliness protocol including hand-washing decreased their odds of catching a cold or the flu by 77%. This is the most important habit.

SNEAKY WAYS TO OUTSMART GERMS

Wash your hands with soap and water. Opt for liquid over a bar, in which icky microbes might be embedded. Squirt a dime-size pool into your palms.

Have a long lather. Hum "Happy Birthday" twice while rubbing vigorously between your fingers and on both sides of your hands up to your wrists.

Dry with a paper towel. Jet air dryers have 27 times more bacteria in the air around them than do paper towel dispensers, per a study in the *Journal of Hospital Infection*.

Turn off the faucet with a paper towel. Use it to open the bathroom door, too.

Moisturize. Soothe with GH Beauty Lab pick (and Seal holder) Neutrogena Norwegian Formula Hand Cream Fragrance-Free, $5.

Q IS USING HAND SANITIZER AS EFFECTIVE AS WASHING MY HANDS?

A: For preventing colds and influenza, yes. For avoiding stomach bugs, no. Use a sanitizer that contains at least 60% alcohol—that's what is needed to rupture the lipid envelopes of (or, in plain English, kill) some viruses. When families in one study used sanitizers one to three times a day, the germs on their hands and in their houses dropped by 99%.

Levi Brown/Trunk Archive (medicine); Sylvere Azoulai/Trunk Archive (soap).

2

HYDRATE, HYDRATE, HYDRATE—ESPECIALLY WHEN YOU FLY

In low-humidity climates (airplanes!), the mucus lining of your nose and throat becomes dry, leaving you vulnerable to viruses. But if you drink around eight glasses of water each day before the flight and stay hydrated and spritz with saline when in the air, you'll arrive as healthy as when you left.



3

GARGLE

Do it with water for 15 seconds three times in a row; repeat three times a day.

Garglers in a recent study had a nearly 40% decrease in colds.

4

PLAN A GIRLS' NIGHT...

...or a work outing, or a high school reunion. People with six or more types of social connections (family, church, etc.) fend off colds especially well.

Those without a wide social circle are four times as likely to get sick.



5 GO TO BED ON TIME

When you're well-rested, your body has more energy to fight off invaders like cold and flu viruses.

People who sleep six or fewer hours a night are four times as likely to get colds as those who sleep more than seven hours.

6

EXERCISE, BUT NOT TOO HARD

Intensive running for 90-plus minutes temporarily suppresses your ability to fight bugs. Less rigorous exercise, like a 45-minute daily power walk, boosts immunity.

Moderate exercisers are one-third as likely to catch a cold as nonexercisers, finds research in the *American Journal of Medicine.*



7

STOP AFTER JUST ONE GLASS

Excess alcohol can reduce your body's ability to fight off infections for up to 24 hours. (Sorry.)

THE REAL DEAL ON THE FLU SHOT

The flu shot didn't live up to the hype last year (it was only half as effective as was hoped). But laboratory data suggests that this year's shot will be a better match. Getting a flu shot typically decreases your chance of catching the flu by about 50% to 60%. So roll up your sleeve already!

GH'S COLD AND FLU EXPERTS: Sheldon Cohen, Ph.D., psychology professor at Carnegie Mellon University; **Charles Gerba, Ph.D.,** microbiologist and professor at the University of Arizona; **Takashi Kawamura, M.D., Ph.D.,** professor of medicine and epidemiology at Kyoto University; **Geeta Maker-Clark, M.D.,** family physician at NorthShore University HealthSystem; **Shawn Westadt Mueller, R.N.,** director of infection prevention and control at Medstar Union Memorial Hospital; **David C. Nieman, DrPH,** professor at Appalachian State University; **Aric Prather, Ph.D.,** assistant professor of psychiatry at the University of California, San Francisco; **Audrey Tatar, M.D.,** physician at Northwestern Memorial Hospital; **Cornelia Ulrich, Ph.D.,** professor at the University of Utah

Levi Brown/Trunk Archive (wine); Getty Images (all others).



GH SUPERCARB DIET

WEIGHT-LOSS TRICKS

1 SIT AND EAT
It's fine to walk and talk, but eating when you're on the go? That's a big fat no, says a study in the *Journal of Health Psychology,* which found that people who walked while they snacked were more likely to overeat treats (especially chocolate!). In fact, eating while walking proved worse for waistlines than eating while watching TV—a well-known diet saboteur. That could be because walking is distracting, and the more distracted you are, the harder it is to notice that you're full. Pull up a chair!

2 JOT IT DOWN
Before you dig into your next meal, record what you'll be eating in a notebook or with a food-tracking app (GH Institute pick: MyFitnessPal, free). This quick ritual creates a pause in which you can ask yourself, *Do I really need another slice of pizza?* Over time, it will also help you notice unhealthy patterns (like your 4 P.M. cookie) that you can change. Research suggests that dieters who keep up this habit—known as "food journaling"—may lose up to twice as much weight as those who don't.

3 PREP BREAKFAST WITH DINNER
About 80% of successful dieters eat breakfast daily. Following suit should be a no-brainer, and yet 31 million of us skip the morning meal. A top excuse? No time to prep. Change that by making breakfast while you cook dinner. If you're chopping produce, add a grapefruit to the pile so you'll have slices ready to top with plain yogurt. Boiling pasta? Take out an extra pot and hard-cook a few eggs for the week. Now you'll be able to hit Snooze and still serve up breakfast.

ASK JACKIE



Jaclyn London, M.S., R.D.
GH Nutrition Director
@jaclynlondonRD

IF I WANT TO DROP POUNDS, AM I STUCK WITH FAT-FREE DAIRY?

NOT ALL THE TIME. If you're going to have a substantial serving—like a tall glass of milk or a grande latte—then go with skim; in large quantities, the fat that makes full-fat dairy so creamy and delicious can be caloric, which ultimately leads to weight gain. But if you're having a small yogurt or crumbling cheese on a salad, it's OK to reach for the whole-milk variety. Since full-fat dairy treats can be more satisfying than the nonfat versions, eating them may make you less likely to indulge later.
Bottom line: Aim for three servings of dairy every day, in a mix of nonfat and full-fat. Cap the sugar in flavored products at 12 g per serving.

HAVE A QUESTION?
E-MAIL ASKJACKIE @GOODHOUSEKEEPING.COM.

BUZZWORD: PULSE

Nope, not the "thump, thump" on your wrist: This pulse—the ultra-healthy dried edible seed of a legume—is in the spotlight in 2016, thanks to the United Nations' "International Year of Pulses." And you should eat it—a lot! Try garbanzo bean flour when baking, swap black beans for beef in a stir-fry or serve up the lentil pastas on page 55. Find more ideas at goodhousekeeping.com/supercarb.



Offset; Getty Images (garbanzo beans).

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The French fried them. The Irish boiled them.

SURELY YOU HAVE BETTER IDEAS.



BEHOLD The 9th WONDER OF THE WORLD

Step right up and get the recipe for Rainbow Potato Pancakes and thousands of other incredible dishes at PotatoGoodness.com

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YOUR KITCHEN



Photograph by Mike Garten; food styling by Susan Westmoreland.

BETTER
THAN TAKEOUT

Fancy Fortunes

We predict our homemade take on Chinese-restaurant cookies, with custom messages, will be a hit with friends and family (see page 126 for the recipe and how-to tips). Fortunately, you can also cheat and dunk the prepackaged kind in melted chocolate. Lucky you!



Susan Westmoreland
Food Director
@ghtestkitchen

BETTER BUBBLY

To ring in the New Year, I'm raising a glass of Prosecco with a festive addition: raspberry puree. It's a fun, easy way to make a bottle of bubbly even more magical.

RAZZIE SPRITZERS
Heat a 6-oz. container of raspberries, along with ¼ c. each sugar and water, to boiling. Cook, mashing the berries, 3 min. Strain through a fine sieve and stir in 1 Tbsp. lemon juice. Spoon 1 or 2 Tbsp. into each glass (serves 10 to 20) and top with Prosecco, Champagne or even sparkling water. *Cin cin!*

#GHhack

STUFFED SPUDS

Accordion baked taters have extra nooks for melty cheese—and they're fancy enough for company. Hot potatoes!

CHEESY HASSELBACKS
Thinly slice 6 med. **russet potatoes** (but don't cut all the way through). Brush with 1½ Tbsp. **olive oil;** bake at 425°F for 30 min. Brush with another 1½ Tbsp. oil; sprinkle with **salt.** Bake 30 min. more or until tender. Stuff **Cheddar,** cut into thin sticks, between slices. Bake until cheese melts.

TOP IT OFF
Use sour cream, chives, crumbled bacon or all three!





TRIED + TESTED

RUST-FREE CAST IRON

Nothing turns out a burger like a cast-iron skillet. It gets superhot for almost instant browning and has a practically nonstick patina. The only gripe: You have to wash and dry it by hand to keep it from rusting...that is, unless it's Lodge Heat-Treated and Seasoned Cast Iron, which stayed rust-free in our Lab tests even after a run through the dishwasher. (But clean it with the machine only after every few uses—otherwise, you may have to oil and season all over again.) $40 to $130, macys.com

Photograph by Mike Garten; food styling by Sherry Rujikarn.

MAKE OVER your DINNER HOUR

20-MINUTE MEALS

EASY WEEKNIGHTS

Make the classic (or lightened-up!) versions of your favorite **comfort food** dinners



Cut four 4-in. circles from 1 sheet **frozen (thawed) puff pastry;** arrange on parchment-lined cookie sheet. Bake at 400°F 15 min. In lg. skillet, heat 1 Tbsp. **oil** on med.; add 1 lg. **onion,** chopped, and cook 5 min. Add 1 lb. **Yukon gold potatoes,** chopped in ½-in. pieces, 1 c. **chicken broth** and ½ tsp. salt. Cover and cook 10 min. Stir 1 Tbsp. **cornstarch** into ½ c. **half-and-half** and add to skillet along with 2 c. **shredded rotisserie chicken** and ¾ c. each frozen **corn** and frozen **peas.** Simmer 3 min. Serve topped with pastry and ¼ c. **cooked bacon.**

SERVES 4 ABOUT 510 CALS, 24 G PROTEIN, 49 G CARBS, 28 G FAT (8 G SAT), 4 G FIBER, 715 MG SODIUM.

CLASSIC

CHICKEN POT PIE

LIGHT

Cut four 4-in. circles from 1 sheet **frozen (thawed) puff pastry;** arrange on parchment-lined cookie sheet. Bake at 400°F 15 min. In lg. skillet, heat 1 Tbsp. **oil** on med. Add 3 med. **carrots,** chopped, and 1 lg. **onion,** chopped; cook 10 min. Add 12 oz. **skinless, boneless chicken breasts,** chopped; 1 c. **frozen peas;** 1½ c. **lower-sodium chicken broth;** and ¼ tsp. each **dried thyme** and **salt.** Heat to simmering. Stir 3 Tbsp. **cornstarch** into ¼ c. lower-sodium chicken broth and add to skillet. Simmer 5 min. Serve topped with puff pastry.

SERVES 4 ABOUT 380 CALS, 27 G PROTEIN, 31 G CARBS, 16 G FAT (4 G SAT), 4 G FIBER, 400 MG SODIUM.



SAVE 130 CALS

photographs by **EMILY KATE ROEMER**
food styling by **SHERRY RUJIKARN**
prop styling by **CATE GEIGER**



SPAGHETTI BOLOGNESE

CLASSIC

In lg. saucepot, heat 1 Tbsp. **olive oil** on med.-high. Add 1 med. **onion,** chopped; 3 cloves **garlic,** chopped; and ½ tsp. **salt.** Cook 10 min., stirring occasionally. Add 1 lb. **ground beef chuck.** Cook 5 min. Add 1 can (28 oz.) **crushed tomatoes.** Simmer 10 min. Stir in ½ oz. grated **Pecorino cheese** and ½ c. **milk.** Toss with 1 lb. **spaghetti,** cooked. Garnish with **basil leaves** and Pecorino.

SERVES 6 ABOUT 575 CALS, 27 G PROTEIN, 70 G CARBS, 21 G FAT (7 G SAT), 6 G FIBER, 485 MG SODIUM.

SAVE **140** CALS

LIGHT

Poke holes all over 2 sm. **spaghetti squash;** microwave on High 15 min. In lg. saucepot, heat 1 Tbsp. **olive oil** on med.-high; add 1 med. **onion,** chopped; 1 med. **red pepper,** chopped; 3 cloves **garlic,** minced; and ½ tsp. **salt.** Cook 10 min., stirring often. Add 12 oz. **lean ground turkey,** breaking up meat with side of spoon. Cook 5 min. Add 1 can (28 oz.) **crushed tomatoes.** Simmer 10 min. Stir in ½ oz. grated **Pecorino cheese** and ¼ tsp. **black pepper.** Cut squash in half lengthwise; scoop out seeds and scrape strands with fork. Serve sauce over squash. Garnish with Pecorino.

SERVES 4 ABOUT 435 CALS, 25 G PROTEIN, 59 G CARBS, 15 G FAT (4 G SAT), 14 G FIBER, 790 MG SODIUM.

CHICKEN PARMESAN

CLASSIC

Combine ½ c. each **Italian-style bread crumbs** and **grated Parmesan.** In 12-in. skillet, heat 3 Tbsp. **olive oil** on med.-high. Dip 4 sm. **chicken-breast halves** (about 1½ lbs.) in 2 lg. **eggs,** beaten, then coat with crumb mixture. Add to skillet; fry until golden brown on both sides. Transfer chicken to baking dish. Top with ¾ c. **marinara sauce** and 6 oz. **mozzarella,** shredded. Bake in 450°F oven 20 min. Serve with **crusty bread.**

SERVES 4 ABOUT 515 CALS, 50 G PROTEIN, 18 G CARBS, 26 G FAT (9 G SAT), 1 G FIBER, 1,170 MG SODIUM.

LIGHT

Combine ¼ c. each **Italian-style bread crumbs** and **grated Parmesan.** Arrange 4 **thin-sliced chicken-breast cutlets** (about 1 lb.) on foil-lined baking sheet; sprinkle tops with ¼ tsp. **salt,** then with crumbs, pressing to adhere. Arrange 1 pt. **grape tomatoes,** halved, around chicken; spray with **nonstick cooking spray.** Bake at 425°F 15 min. Sprinkle cutlets with 2 oz. **part-skim mozzarella,** shredded; bake until cheese melts. Toss tomatoes with 5 oz. **arugula,** 1 Tbsp. **red wine vinegar,** 1 tsp. **extra virgin olive oil** and ¼ tsp. salt. Serve salad with chicken.

SERVES 4 ABOUT 270 CALS, 31 G PROTEIN, 15 G CARBS, 9 G FAT (4 G SAT), 2 G FIBER, 860 MG SODIUM.

SAVE **245** CALS

BREAKFAST

MMM...MORNING

Pop a pan of **cinnamon rolls** in the oven—you won't need an alarm clock to lure your family out of bed

ICED SPICED SKILLET ROLLS
RECIPE, PAGE 127



RISE AND SHINE
Prep and refrigerate overnight, then bake 'em in the A.M.

Photograph by Emily Kate Roemer/Studio D; food styling by Sherry Rujikarn; prop styling by Cate Geiger.



*3 grams of oat soluble fiber daily as part of a low saturated fat and cholesterol diet may help reduce the risk of heart disease. Old Fashioned Oatmeal provides 2 grams. Instant Quaker Oatmeal provides 1 gram.

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SELECTS

NATURAL^

SLOW ROASTED TURKEY BREAST



^NO ARTIFICIAL INGREDIENTS
NO ARTIFICIAL PRESERVATIVES
NO ADDED HORMONES+
NO ARTIFICIAL FLAVORS
NO ARTIFICIAL COLORS
NO GLUTEN
NO BY-PRODUCTS

Great taste is in our nature.

Oscar Mayer

^MINIMALLY PROCESSED + FEDERAL REGULATIONS PROHIBIT THE USE OF HORMONES IN POULTRY.

ALL RECIPES
TRIED. TESTED. TRUSTED. GOOD HOUSEKEEPING Since 1909
triple TESTED

YOUR PANTRY



NEXT-LEVEL FRIED CHICKEN

Ultimate Fried Chicken Sandwiches

PREP 15 MINUTES
TOTAL 35 MINUTES

- **4 sm. skinless, boneless chicken thighs (about 1½ lbs.)**
- **¾ c. low-fat buttermilk**
- **2 tsp. garlic powder**
- **1 c. all-purpose flour**
- **2 c. vegetable oil or canola oil**
- **4 potato rolls**
- **Shredded romaine, sliced tomatoes, sliced pickles and hot sauce**

1. In lg. bowl, combine chicken, buttermilk, garlic powder and ½ tsp. each salt and pepper. Place flour in lg. shallow dish. Remove 1 piece chicken from buttermilk, allowing excess to drip off; dip in flour, then buttermilk, then flour. Place on cutting board. Repeat with remaining chicken.

2. In 12-in. skillet, heat oil on med.-high until hot (325°F on deep-fry thermometer). Add chicken to skillet and reduce heat to med. Fry 15 to 20 min. or until golden brown and chicken is cooked (165°F), turning over occasionally for even browning and adjusting heat as needed. (If chicken is browning too quickly, reduce heat to med.-low for a few min.) Transfer to wire rack set over lg. piece foil. Sprinkle with ¼ tsp. salt. Serve on rolls, topped with romaine, tomato, pickles and hot sauce.

SERVES 4 About 720 cals, 38 g protein, 50 g carbs, 40 g fat (5 g sat), 2 g fiber, 795 mg sodium.

5 MORE CHICKEN SANDWICH COMBOS:

- ¼ c. **honey,** ½ tsp. **cayenne** and sliced **pickles**
- ½ c. **chipotle mayo,** sliced **tomato** and shredded **cabbage (*pictured above*)**
- ½ c. **ranch dressing,** 2 to 3 Tbsp. **hot sauce,** ¼ c. crumbled **blue cheese** and sliced **red onion**
- ¼ c. **pesto,** 4 slices **provolone** and ¼ c. chopped **pepperoncini**
- ¼ c. **relish,** ¼ c. chopped **sweet onion** and **butter lettuce**

DECADENT VEGETARIAN

Creamy Vegan Linguine with Wild Mushrooms

PREP 10 MINUTES
TOTAL 20 MINUTES

- **1 lb. linguine or fettuccine**
- **6 Tbsp. olive oil**
- **12 oz. mixed mushrooms, thinly sliced**
- **3 cloves garlic, finely chopped**
- **¼ c. nutritional yeast**
- **2 green onions, thinly sliced on an angle**

1. Cook linguine as label directs, reserving ¾ c. pasta cooking water before draining. Return drained linguine to pot.

2. Meanwhile, in 12-in. skillet, heat oil on med.-high. Add mushrooms and garlic; cook 5 min. or until mushrooms are browned and tender, stirring. Transfer to pot with cooked, drained linguine along with nutritional yeast, reserved cooking water, ½ tsp. salt and ¾ tsp. coarsely ground pepper. Toss until well combined. Garnish with green onions.

SERVES 6 About 430 cals, 15 g protein, 62 g carbs, 15 g fat (2 g sat), 5 g fiber, 175 mg sodium.





VEGERIA, SAN ANTONIO dishes up this vegan Mole Bowl and other Mexican fare.

Roasted Squash & Pumpkin Seed Mole Bowls

PREP 10 MINUTES
TOTAL 50 MINUTES

- **1 lg. butternut squash, peeled and cut into 1-in. chunks**
- **3 Tbsp. olive oil**
- **½ c. raw shelled pumpkin seeds, plus more for garnish**
- **½ tsp. cumin seeds**
- **½ tsp. dried oregano**
- **½ onion, cut into wedges**
- **2 tomatillos, husked and halved**
- **2 cloves garlic, halved**
- **1 jalapeño chile, sliced**
- **¾ c. vegetable stock**
- **½ c. coconut milk**
- **½ c. parsley, chopped**
- **¼ c. packed cilantro, chopped, plus more for garnish**
- **Lime wedges, for garnish**
- **Cooked rice, for serving**

1. Preheat oven to 400°F. Toss squash with 2 Tbsp. olive oil, 1 tsp. salt and ¼ tsp. pepper. Arrange on baking sheet; roast 35 to 40 min. or until squash is tender, stirring occasionally.
2. Meanwhile, in 10-in. skillet, toast pumpkin seeds, cumin seeds and oregano on med. 3 min. or until fragrant, stirring. Remove from heat; set aside.
3. In same skillet, heat remaining 1 Tbsp. olive oil on med. Add onion, tomatillos, garlic and jalapeño; cook 5 min. or until slightly browned. Place vegetables, pumpkin seeds and spice mixture in blender or food processor. Pulse a few times; then add stock, coconut milk, parsley, cilantro, ¾ tsp. salt and ¼ tsp. pepper. Process until smooth. Makes 3 c.
4. Return mixture to skillet; simmer on med., stirring often, 15 to 20 min. or until slightly thickened. Divide rice and squash among 4 bowls; dollop with sauce. Serve remaining sauce on the side. Garnish with cilantro and lime wedges.

SERVES 4 About 440 cals, 10 g protein, 60 g carbs, 19 g fat (6 g sat), 5 g fiber, 605 mg sodium.

Crispy Potatoes with Vegan Nacho Sauce

PREP 15 MINUTES
TOTAL 45 MINUTES

- **2 lbs. mixed baby potatoes, halved**
- **3 Tbsp. canola oil**
- **1 c. raw, unsalted cashews, soaked overnight and drained**
- **3 Tbsp. lemon juice**
- **½ tsp. chili powder**
- **½ tsp. ground cumin**
- **½ tsp. sweet paprika**
- **½ tsp. garlic powder**
- **1 tsp. coarse sea salt**
- **¼ c. nutritional yeast**
- **½ jalapeño chile, seeded and chopped**

1. Preheat oven to 450°F. Toss potatoes with oil, ½ tsp. salt and ¼ tsp. pepper. On rimmed baking sheet, spread potatoes evenly; roast 30 min. until golden and crispy, stirring once.
2. Meanwhile, in blender, puree cashews, lemon juice, chili powder, cumin, paprika, garlic powder, sea salt, nutritional yeast and jalapeño with 1 c. water until smooth. Transfer to 2-qt. saucepan; heat on med.-low 5 min. or until warm, stirring occasionally. Makes about 1⅔ c. Transfer to bowl; serve with roasted potatoes. (Refrigerate remaining sauce up to 1 day. Also good with tortilla chips, roasted cauliflower, etc.)

SERVES 4 About 380 cals, 10 g protein, 47 g carbs, 18 g fat (2 g sat), 6 g fiber, 520 mg sodium.



TASTES OF PERU

Cilantro-Lime Chicken

PREP 35 MINUTES
TOTAL 1 HOUR 20 MINUTES PLUS MARINATING

- **1 c. packed fresh cilantro leaves**
- **1 c. packed fresh mint leaves**
- **¼ c. packed fresh tarragon leaves**
- **½ c. olive oil**
- **⅓ c. soy sauce**
- **¼ c. lime juice**
- **3 Tbsp. cider vinegar**
- **5 cloves garlic**
- **1 jalapeño chile, sliced**
- **2 Tbsp. chopped peeled fresh ginger**
- **1 tsp. dried oregano**
- **1 tsp. ground cumin**
- **12 assorted sm. chicken parts (about 3 lbs.)**
- **⅓ c. mayonnaise**

1. In food processor, puree herbs with oil, soy sauce, lime juice, vinegar, garlic, chile, ginger, oregano, cumin and 1 tsp. salt until smooth. Transfer ¾ c. to sm. bowl; set aside. Transfer remaining marinade to gallon-size resealable plastic bag; add chicken. Seal bag, tossing to coat, and refrigerate at least 5 hrs. or up to overnight.
2. Preheat oven to 375°F. Place wire rack in rimmed baking sheet lined with foil. Arrange chicken on rack, discarding marinade in bag; bake 30 min. Increase oven temp to 450°F. Roast another 15 to 20 min. or until chicken is cooked (165°F).
3. Whisk mayonnaise into reserved marinade. Serve chicken with green sauce and Spice-Roasted Carrots.

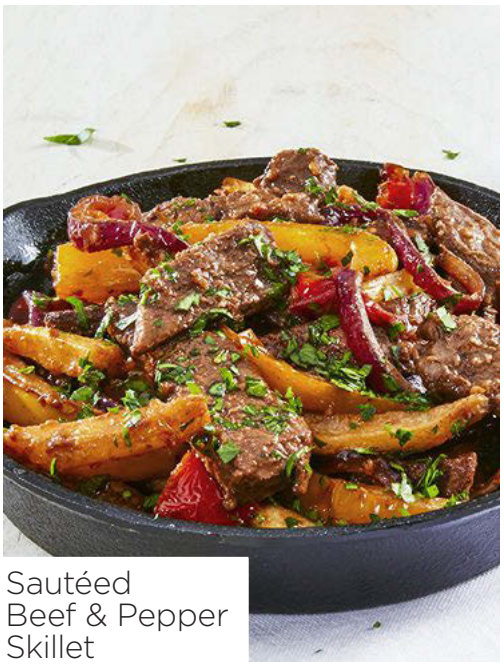
SERVES 6 Chicken and sauce only about 500 cals, 32 g protein, 4 g carbs, 39 g fat (8 g sat), 1 g fiber, 1,140 mg sodium.

Spice-Roasted Carrots

Toss 1½ lbs. med. **carrots,** quartered lengthwise, with 2 Tbsp. **oil,** 1 tsp. **ground cumin,** ½ tsp. **smoked paprika** and ½ tsp. each **salt** and **pepper.** Roast on rimmed baking sheet in 450°F oven 30 min. or until tender, stirring twice.



GRACIAS MADRE, L.A. serves this tasty sauce on quesadillas.



Sautéed Beef & Pepper Skillet with Fries

PREP 20 MINUTES
TOTAL 50 MINUTES

- **1 lb. beef sirloin, trimmed and thinly sliced into bite-size pieces**
- **3 Tbsp. soy sauce**
- **2 Tbsp. cider vinegar**
- **3 cloves garlic, crushed with press**
- **1 Tbsp. grated peeled fresh ginger**
- **1 tsp. ground cumin**
- **12 oz. frozen French fries**
- **3 Tbsp. vegetable oil**
- **1 lg. yellow pepper, seeded and thinly sliced**
- **1 sm. red onion, thinly sliced**
- **2 plum tomatoes, halved and thinly sliced**
- **Chopped fresh parsley, for garnish**

1. In lg. resealable plastic bag, combine beef, soy sauce, vinegar, garlic, ginger and cumin. Seal bag and let stand 20 min. or up to overnight. Cook French fries as label directs.
2. In 12-in. skillet, heat oil on med.-high until hot. Drain beef, discarding marinade; add to skillet (oil may spatter). Cook 3 min. or until browned, stirring twice. Transfer beef to plate.
3. To same skillet, add pepper and onion. Cook 5 min. or until almost tender, stirring occasionally. Add tomatoes and beef. Cook 2 min. Remove from heat. Fold in fries and garnish with parsley. Serve immediately.

SERVES 4 About 390 cals, 26 g protein, 28 g carbs, 19 g fat (3 g sat), 3 g fiber, 605 mg sodium.

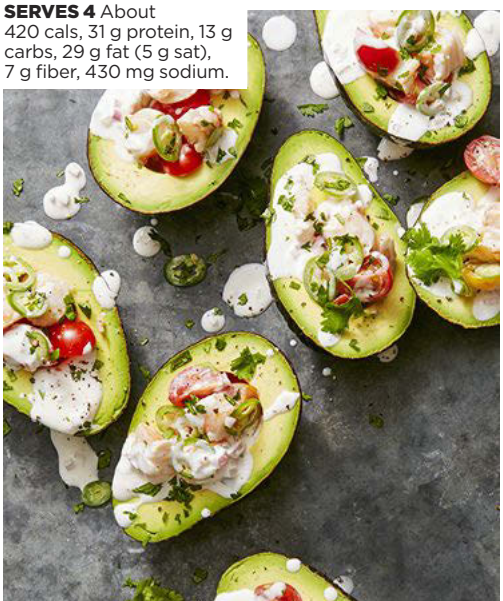
Citrusy Shrimp-Stuffed Avocados

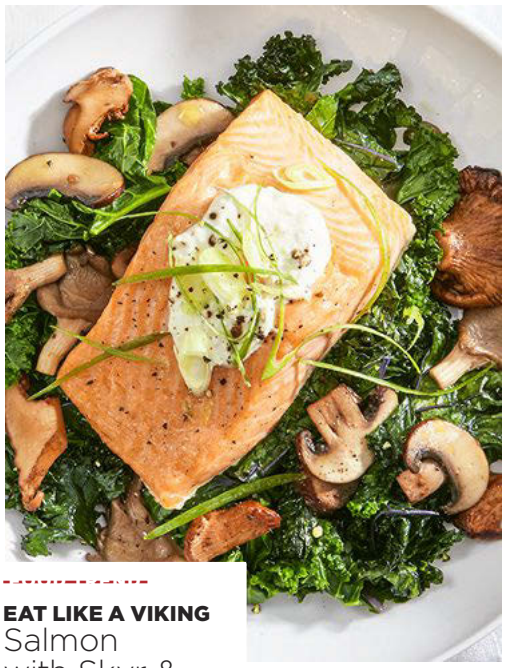
PREP 15 MINUTES
TOTAL 15 MINUTES PLUS CHILLING

- **1 sm. shallot, finely chopped**
- **¼ c. mayonnaise**
- **3 Tbsp. sour cream**
- **3 Tbsp. lime juice**
- **2 Tbsp. orange juice**
- **1 lb. cooked shelled shrimp, chopped**
- **1 c. grape tomatoes, halved**
- **1 serrano chile, thinly sliced**
- **2 ripe avocados, halved, pits removed**
- **Cilantro, for garnish**
- **Sweet potato chips, for serving**

1. In sm. bowl, whisk shallot, mayonnaise, sour cream, lime juice, orange juice and ¾ tsp. salt.
2. In lg. bowl, toss shrimp, tomatoes, chile and half of dressing. Refrigerate 20 min. or up to 2 hrs.
3. To serve, spoon into avocado halves and drizzle with remaining dressing. Garnish with cilantro and serve with sweet potato chips.

SERVES 4 About 420 cals, 31 g protein, 13 g carbs, 29 g fat (5 g sat), 7 g fiber, 430 mg sodium.





EAT LIKE A VIKING

Salmon with Skyr & Sautéed Kale

PREP 15 MINUTES
TOTAL 30 MINUTES

- **1 Tbsp. canola oil**
- **12 oz. wild mushrooms, sliced**
- **1 bunch kale, trimmed and chopped**
- **4 skinless salmon fillets (about 5 oz. each)**
- **½ c. skyr (Icelandic yogurt)**
- **1 Tbsp. prepared horseradish, drained**
- **1 green onion, finely chopped, plus more for garnish**
- **2 tsp. spicy brown mustard**

1. Arrange oven rack 6 in. from broiler heat source. Preheat broiler.
2. In 6-qt. saucepot, heat oil on med.-high. Add mushrooms and ½ tsp. salt. Cook 5 min. or until beginning to soften. Add kale and cook 5 to 7 min. or until stems are tender, stirring occasionally.
3. Meanwhile, arrange salmon on foil-lined baking sheet; sprinkle with ¼ tsp. each salt and pepper. Broil 6 to 8 min. or until cooked.
4. Stir together skyr, horseradish, green onion, mustard and ⅛ tsp. salt. Serve salmon over greens, topped with yogurt sauce. Garnish with additional green onions if desired.

SERVES 4 About 280 cals, 37 g protein, 12 g carbs, 10 g fat (2 g sat), 4 g fiber, 585 mg sodium.



KOREAN CHILI SAUCE

Gochujang-Glazed Meatloaf

Mix 1 lb. **ground beef;** 1 lb. **ground pork;** 1 sm. **onion,** grated; 6 **saltines,** finely crushed; ½ c. packed **fresh mint,** chopped; 3 Tbsp. **gochujang** (Korean chile paste); 1 lg. **egg;** and ½ tsp. **salt.** Mold into loaf on foil-lined baking sheet; bake in 425°F oven 25 min. Stir together ¼ c. **ketchup** and 2 Tbsp. gochujang; brush over meatloaf. Bake 30 min. or until cooked through (160°F). Serves 8.

Gochujang Green Beans

Whisk 2 Tbsp. **oil** with 2 Tbsp. **gochujang,** 1 tsp. **ground coriander** and ½ tsp. **salt.** Toss with 1 lb. **green beans,** trimmed. Roast on rimmed baking sheet in 425°F oven 20 min. or until tender, shaking pan twice. Serves 4.

SERVE WITH: Pair meatloaf and beans with mound of creamy mashed potatoes.

SOUS VIDE

Steak Salad with Charred Green Onions & Beets

PREP 15 MINUTES
TOTAL 35 MINUTES PLUS 2 HOURS SOUS VIDE TIME

- **1 (2-in.-thick) boneless top loin beefsteak (1 lb.)**
- **1 Tbsp. vegetable oil**
- **½ bunch green onions, halved**
- **¾ tsp. flaky sea salt**
- **1 container (5 oz.) mixed greens**
- **½ sm. head radicchio, leaves separated and torn**
- **4 cooked beets, quartered**
- **¼ c. red wine vinegar**
- **1 Tbsp. extra virgin olive oil**
- **2 oz. blue cheese, crumbled**

1. In 8-qt. saucepot, set up sous vide device as package directs. Add water and set temperature to 130°F on device. Place steak in gallon-size reseal-able plastic bag; seal tightly, pushing out excess air. Place bag in hot water. Cook 2 hrs. Remove bag from water. Remove steak from bag; pat dry.
2. In 10-in. skillet, heat oil on med.-high until very hot. Add green onions; cook 2 min. or until lightly charred, turning. Transfer to platter. Add steak to skillet. Cook 2 min., turning frequently. Transfer to cutting board; sprinkle with ½ tsp. flaky sea salt and thickly slice.
3. In lg. bowl, toss greens, radicchio, beets, vinegar, olive oil and ¼ tsp. each flaky sea salt and pepper. Transfer to platter. Top with steak, onions and blue cheese.

SERVES 4 About 315 cals, 29 g protein, 9 g carbs, 18 g fat (6 g sat), 3 g fiber, 735 mg sodium.



Easy Homemade Dough

PREP 10 MINUTES
TOTAL 2 HOURS 15 MINUTES

- **3½ c. all-purpose flour**
- **3 Tbsp. plus ¼ c. olive oil**
- **1½ tsp. salt**
- **1¼ tsp. instant yeast**
- **1½ c. lukewarm water**

1. In stand mixer with paddle attachment, mix flour, 3 Tbsp. oil, salt and yeast on low speed until combined. Add water. Mix on med. 1 min. Increase speed to med.-high. Mix 5 min.
2. Meanwhile, brush bottom and sides of lg. light-colored rimmed baking sheet (approximately 12" by 18") with remaining ¼ c. oil. Pour dough (it will be very soft) onto oiled sheet and rub all over with excess oil. Gently stretch dough to fill most of baking sheet. Cover with plastic wrap; let stand in warm spot 2 hrs.
3. Remove plastic. With hands, stretch and push dough until it covers bottom of pan. Top as desired.

Pizzeria Dough Hack
Buy a 1½-lb. ball of dough from your local pizzeria. Brush your rimmed baking sheet with ¼ c. olive oil before placing dough on pan and stretching it to fit. Top right away (no need to let dough rise), but if it springs back on you, let sit at room temperature for 15 min., then try again.

Tex-Mex Taco Pizza

PREP 20 MINUTES
TOTAL 50 MINUTES

- **1 c. jarred salsa**
- **1 recipe Easy Homemade Dough or one 1½-lb. ball pizzeria dough (*opposite*)**
- **1 c. extra sharp Cheddar cheese, shredded**
- **1 Tbsp. olive oil**
- **1 med. onion, chopped**
- **2 tsp. ground cumin**
- **1 tsp. garlic powder**
- **1 tsp. smoked paprika**
- **1 lb. ground beef sirloin**
- **½ c. pickled jalapeño slices (optional)**
- **¼ c. light sour cream**
- **1 Tbsp. lime juice**
- **1 Tbsp. milk**
- **1 heart romaine lettuce, thinly sliced**
- **2 sm. plum tomatoes, chopped**

1. Preheat oven to 475°F. Spread salsa all over dough and top with Cheddar; bake 10 min.
2. Meanwhile, in 12-in. skillet, heat oil on med. Add onion, cumin, garlic powder and smoked paprika; cook 3 min., stirring. Add beef and ½ tsp. salt. Cook 3 min. or until browned, breaking up with back of spoon. Sprinkle beef over cheese. Top with jalapeños, if using. Bake 20 min. or until bottom of crust is golden brown.
3. While pizza bakes, stir together sour cream, lime juice and milk. To serve, top pizza with lettuce and tomatoes. Drizzle with sour cream mixture.

SERVES 8 About 505 cals, 21 g protein, 48 g carbs, 25 g fat (7 g sat), 3 g fiber, 855 mg sodium.



Sweet & Spicy Pepperoni-Mushroom Pizza

PREP 15 MINUTES
TOTAL 40 MINUTES

- **1 c. marinara sauce**
- **1 recipe Easy Homemade Dough or one 1½-lb. ball pizzeria dough (*opposite*)**
- **1 Tbsp. olive oil**
- **8 oz. mixed mushrooms, sliced**
- **2 cloves garlic, chopped**
- **2 oz. pepperoni slices**
- **8 oz. mozzarella cheese, shredded**
- **½ c. grated Parmesan cheese**
- **1 tsp. dried oregano**
- **1 tsp. crushed red pepper**
- **2 Tbsp. honey**

1. Preheat oven to 475°F. Spread sauce all over dough. Bake 10 min.
2. In 12-in. skillet, heat oil on med. Add mushrooms and garlic; cook 5 min., stirring. Transfer to pizza. Top with pepperoni and cheeses. Bake 15 to 20 min. or until crust is deep golden brown. Sprinkle with oregano and red pepper, then drizzle with honey.

SERVES 8 About 500 cals, 17 g protein, 52 g carbs, 26 g fat (8 g sat), 3 g fiber, 905 mg sodium.

Artichoke & Olive Antipasti Pizza

PREP 10 MINUTES
TOTAL 40 MINUTES

- **½ c. sundried-tomato pesto**
- **1 recipe Easy Homemade Dough or one 1½-lb. ball pizzeria dough (*opposite*)**
- **4 oz. thinly sliced provolone cheese**
- **¾ c. marinated artichokes, drained and chopped**
- **½ c. roasted red peppers, drained and chopped**
- **¾ c. pitted black (Kalamata) olives**
- **Chopped parsley, for garnish**

1. Preheat oven to 475°F. Spread pesto all over dough. Bake 15 min.
2. Top pizza with provolone, then artichokes and peppers. Scatter olives on top. Bake 15 to 20 min. or until crust is golden brown. Garnish with parsley.

SERVES 8 About 475 cals, 11 g protein, 48 g carbs, 26 g fat (6 g sat), 3 g fiber, 920 mg sodium.

From Our Kitchen Appliances & Technology Lab

REAL DEAL PIZZA WHEEL

For a classic cutter: The Oxo Good Grips 4" Pizza Wheel's hefty stainless steel blade powers through deep-dish pepperoni pizza in one pass. With no nooks and crannies to trap food, cleanup is quick and easy—just run through the dishwasher.
$13, oxo.com



TRIED + TESTED

BEST BLADES

The Dreamfarm Scizza cuts clean through both thick and thin crusts, while a plastic strip slips under the pie like a spatula and lifts the slice. Major bonuses: The Scizza won't damage nonstick pans, and the handles are both righty- and lefty-friendly.
$30, dreamfarm.com





Egg & Tater Pizza

PREP 10 MINUTES
TOTAL 40 MINUTES

- **1 container (5 oz.) baby spinach**
- **1 c. marinara sauce**
- **1 recipe Easy Homemade Dough or one 1½-lb. ball pizzeria dough (page 122)**
- **4 oz. mozzarella cheese, shredded**
- **4 oz. extra sharp Cheddar cheese, shredded**
- **8 oz. frozen potato puffs (2 c.)**
- **6 lg. eggs**

1. Preheat oven to 475°F. In lg. bowl covered with vented plastic, microwave spinach on High 2 min. When cool enough to handle, squeeze dry.
2. Spread sauce all over dough. Top with cheeses, spinach and potato puffs. Bake 25 min. Top pizza with eggs, 2 in. apart; sprinkle eggs with ¼ tsp. each salt and pepper. Bake 5 min. or until whites are set but yolks are still runny.

SERVES 8 About 525 cals, 18 g protein, 53 g carbs, 26 g fat (8 g sat), 3 g fiber, 930 mg sodium.



Creamy Broccoli Alfredo Pizza

PREP 20 MINUTES
TOTAL 50 MINUTES

- **6 oz. reduced-fat cream cheese (Neufchâtel), softened**
- **⅓ c. grated Parmesan cheese**
- **3 Tbsp. milk**
- **2 cloves garlic, crushed with press**
- **1 Tbsp. butter, melted**
- **1 recipe Easy Homemade Dough or one 1½-lb. ball pizzeria dough (page 122)**
- **12 oz. broccoli, coarsely chopped**
- **4 oz. mozzarella, shredded**

1. Preheat oven to 475°F. With mixer on med. speed, beat cream cheese, Parmesan, milk, garlic, butter, ¼ tsp. salt and 1 tsp. pepper until smooth; spread all over dough. Top with broccoli and mozzarella.
2. Bake 25 to 30 min. or until broccoli and crust are golden brown.

SERVES 8 About 445 cals, 14 g protein, 47 g carbs, 23 g fat (8 g sat), 3 g fiber, 675 mg sodium.



Apple-Brie Pizza with Caramelized Onions

PREP 20 MINUTES
TOTAL 1 HOUR

- **1 Tbsp. olive oil**
- **2 lg. sweet onions, thinly sliced**
- **1 recipe Easy Homemade Dough or one 1½-lb. ball pizzeria dough (page 122)**
- **1 sm. Gala or Empire apple, thinly sliced**
- **4 oz. Brie, thinly sliced**
- **1 Tbsp. balsamic vinegar**
- **Fresh basil leaves, for garnish**

1. In 12-in. skillet, heat oil on med. Add onions and ¼ tsp. salt. Cover and cook 15 min. or until golden brown and almost tender, stirring occasionally.
2. Preheat oven to 475°F. Spread onions on dough. Bake 15 min. Top with apple and Brie. Bake 20 min. or until crust is golden brown. Sprinkle with ½ tsp. pepper and drizzle with vinegar. Garnish with basil.

SERVES 8 About 405 cals, 10 g protein, 52 g carbs, 18 g fat (4 g sat), 3 g fiber, 530 mg sodium.



Buffalo Chicken & Ranch Pizza

PREP 15 MINUTES
TOTAL 50 MINUTES

- **¾ c. part-skim ricotta cheese**
- **¼ c. ranch dressing**
- **1 recipe Easy Homemade Dough or one 1½-lb. ball pizzeria dough (page 122)**
- **½ c. hot (cayenne pepper) sauce**
- **3 Tbsp. unsalted butter, melted**
- **1 Tbsp. white (distilled) vinegar**
- **3 c. shredded rotisserie chicken meat (about 12 oz.)**
- **2 oz. blue cheese, crumbled**
- **Thinly sliced green onions, for garnish**

1. Preheat oven to 475°F. Stir together ricotta and dressing; spread all over dough. Bake 15 min.
2. Meanwhile, in med. bowl, whisk hot sauce, butter and vinegar; add chicken, tossing to coat. Scatter chicken over ricotta mixture. Top with blue cheese.
3. Bake 20 to 25 min. or until bottom of crust is golden brown. Garnish with green onions.

SERVES 8 About 495 cals, 17 g protein, 46 g carbs, 29 g fat (9 g sat), 2 g fiber, 1,245 mg sodium.



Brussels Sprout & Pancetta Pizza

PREP 20 MINUTES
TOTAL 50 MINUTES

- **¾ c. refrigerated jarred or homemade basil pesto**
- **1 recipe Easy Homemade Dough or one 1½-lb. ball pizzeria dough (page 122)**
- **4 oz. pancetta, finely chopped**
- **12 oz. Brussels sprouts, trimmed and sliced**
- **½ sm. red onion, thinly sliced**
- **2 tsp. olive oil**
- **¼ c. grated Pecorino cheese**
- **1 lemon**

1. Preheat oven to 475°F. Spread pesto all over dough. Top with pancetta; bake 15 min.
2. In lg. bowl, toss Brussels sprouts and onion with oil and ¼ tsp. pepper. Sprinkle over pancetta. Top with Pecorino. Bake 20 min. or until sprouts are golden brown. Grate zest from lemon all over pizza.

SERVES 8 About 505 cals, 14 g protein, 48 g carbs, 29 g fat (6 g sat), 4 g fiber, 765 mg sodium.

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Fancy Fortunes

PREP 10 MINUTES
TOTAL 40 MINUTES
PLUS COOLING

- **2 Tbsp. butter**
- **¼ c. confectioners' sugar**
- **1 lg. egg white**
- **1 tsp. vanilla extract**
- **⅛ tsp. salt**
- **¼ c. all-purpose flour**
- **10 strips paper (each 3" by ½") with fortunes**
- **Melted chocolate (dark, milk or white) and chopped nuts for decorating, optional**

1. Preheat oven to 375°F. Line 2 sm. cookie sheets with parchment.
2. In sm. saucepan, heat butter on low until melted; remove from heat. Whisk in confectioners' sugar, egg white, vanilla and salt until blended. Beat in flour until smooth.
3. Drop 1 heaping tsp. batter onto sheet. With sm. metal spatula or back of spoon, spread batter evenly to form 3-in. round. Repeat with another tsp. batter at least 4 in. away from first.



4. Bake until cookies are lightly golden, 6 to 7 min. Loosen both cookies with metal spatula; flip onto flat sides.
5. Working with 1 cookie at a time, place fortune across center of hot cookie. Fold hot cookie in half, forming semicircle; press edges together.



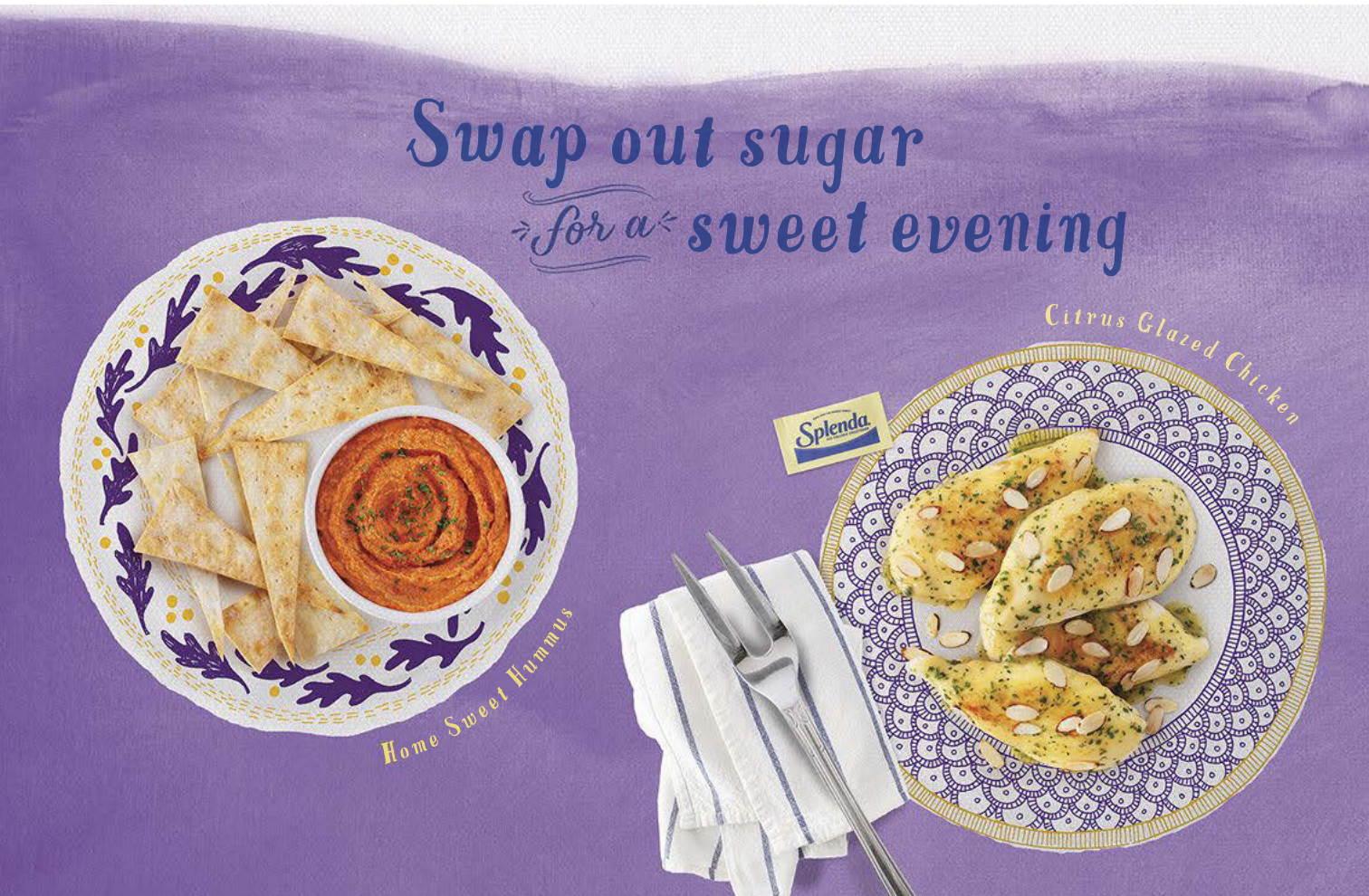


6. Quickly fold semicircle over edge of sm. bowl to create fortune-cookie shape. Place in mini muffin pan to hold shape. Repeat with remaining cookie.



7. Repeat with remaining batter and strips of fortune paper to make 10 cookies in all, cooling cookie sheets between batches.
8. If desired, dip cookies in and/or drizzle them with chocolate, then roll in nuts. Place on waxed paper until set.

MAKES 10 About 50 cals, 1 g protein, 6 g carbs, 3 g fat (2 g sat), 50 mg sodium.





Iced Spiced Skillet Rolls

PREP 30 MINUTES
TOTAL 3 HOURS 30 MINUTES (WITH RISING)

ROLLS

- **2 Tbsp. vegetable oil**
- **1 c. whole milk, warm**
- **½ c. granulated sugar**
- **2 lg. eggs**
- **2 packets (1 Tbsp. total) instant yeast**
- **1 tsp. vanilla extract**
- **1 tsp. salt**
- **¼ c. plus 2 Tbsp. butter, melted**
- **4¼ c. plus ¼ c. all-purpose flour**
- **½ c. brown sugar**
- **2 Tbsp. ground cinnamon**

GLAZE

- **⅓ c. confectioners' sugar**
- **3 oz. cream cheese, softened**
- **3 Tbsp. butter, softened**
- **1 Tbsp. milk**
- **Pinch salt**

1. Make Rolls: Pour oil into lg. bowl. With stand mixer on med. speed (with paddle attachment), beat milk, sugar, eggs, yeast, vanilla, salt and ¼ c. butter until combined. Add flour; beat until dough comes together. With floured hands, transfer to floured surface (dough will be very sticky). Knead until no longer sticky, sprinkling up to ¼ c. more flour over and under dough as needed; form into ball.

2. Transfer to bowl, rolling to coat in oil. Cover with damp kitchen towel and plastic wrap. Let rise in warm spot 2 hrs.

3. Lightly grease 12-in. ovenproof skillet. With floured hands, punch dough down; turn out onto lightly floured surface. With floured rolling pin, roll dough into 20″ by 12″ rectangle. Brush with remaining 2 Tbsp. butter; sprinkle with brown sugar and cinnamon. Roll dough tightly, starting on one long side. Cut into 12 pieces; arrange in skillet, swirled sides up. Cover with damp kitchen towel and plastic wrap. Place in warm spot; let rise 1 hr. Bake immediately or refrigerate overnight. (If refrigerated, let stand at room temperature 30 min. before baking.)

4. Preheat oven to 350°F. Uncover skillet; bake 30 min. or until top is golden brown. Meanwhile, make Glaze: Beat all ingredients until smooth. Remove skillet from oven; let stand 5 min. Top with glaze. Serve warm.

MAKES 12 About 405 cals, 8 g protein, 59 g carbs, 15 g fat (8 g sat), 2 g fiber, 295 mg sodium.





PRIZE DETAILS

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GOOD HOUSEKEEPING RED MOUNTAIN RESORT UTAH SWEEPSTAKES (page 93)
Beginning December 8, 2015, at 12:01 A.M. (ET) through January 18, 2016, at 11:59 P.M. (ET), go to **goodhousekeeping.com/utah** on a computer or wireless device and complete and submit the entry form pursuant to the onscreen instructions. One (1) Winner will receive a four (4)-day, three (3)-night stay at Red Mountain Resort, St. George, UT, for Winner and up to two (2) Guests, and a $1,625 check that may be used at Winner's discretion. Total ARV of prize package: $5,000. Transportation not provided.

GOOD HOUSEKEEPING BODYHOLIDAY ST. LUCIA SWEEPSTAKES (page 93)
Beginning December 8, 2015, at 12:01 A.M. (ET) through January 18, 2016, at 11:59 P.M. (ET), go to **goodhousekeeping.com/stlucia** on a computer or wireless device and complete and submit the entry form pursuant to the onscreen instructions. One (1) Winner will receive an all-inclusive, four (4)-day, three (3)-night stay at The BodyHoliday St. Lucia for Winner and one (1) Guest, and a $1,600 check that may be used at Winner's discretion. Total ARV of prize package: $3,700. Transportation not provided.

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CHECK OUT WHERE WE'VE BEEN!

This October, Good Housekeeping hit the road in our vintage Seal Mobile, stopping to spend the weekend at **Glastonbury's 41st Annual Apple Harvest Festival** in Glastonbury, Connecticut. Attendees enjoyed great food, delicious brews, and entertainment for the whole family—everything from live music to pony rides for the kids. Plus, everyone who visited the Seal Mobile walked away with great giveaways and free samples from our sponsors!

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JANUARY BEAUTY LOOT SWEEPSTAKES (page 18) AND JANUARY DRESSER SWEEPSTAKES (page 35). No purchase necessary to enter or win. Sponsored by Hearst Communications, Inc. Beginning December 13, 2015, at 12:01 A.M. (ET) through January 13, 2016, at 11:59 P.M. (ET), go to **goodhousekeeping.com /janbeautyloot** or **goodhousekeeping.com /jandresser,** respectively, on a computer or wireless device and submit the online entry form. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Subject to official rules available at **goodhousekeeping.com /janbeautyloot** or **goodhousekeeping.com /jandresser.**

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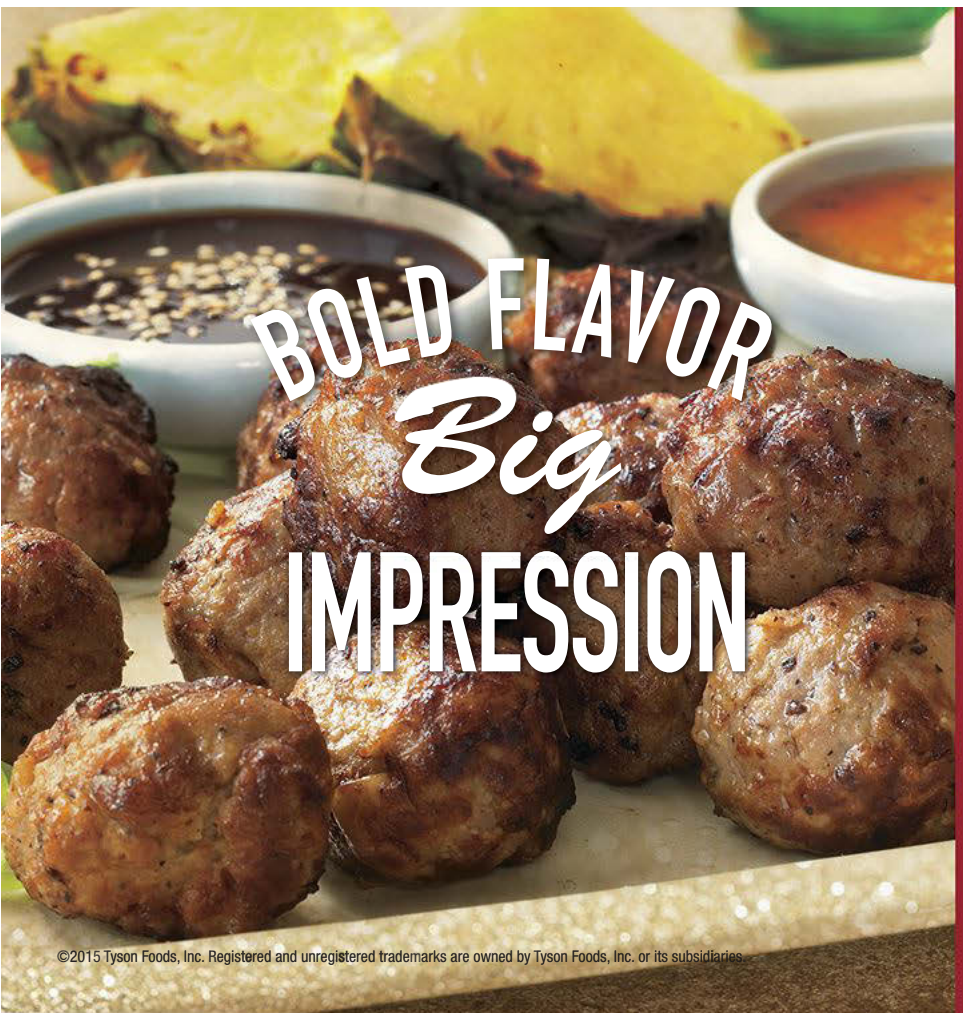
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Emily's Mom's Spoon Bread

Place 1 c. **cornmeal** and 2 c. **cold water** in top of double boiler. Heat over boiling water, stirring, until cornmeal is quite stiff, about 15 min. Stir in 2 Tbsp. **butter substitute,** then 1 scant tsp. **salt** and 1 c. **almond milk.** Stir in enough **egg substitute** to equal 3 eggs. Transfer mixture to well-greased baking dish or oven-safe 10-in. skillet. Bake at 350°F for 45 to 50 min. or until lightly browned and firm. Serves 4. Important: Serve with **apple butter.** (Adapted from *Maryland's Way* cookbook.)





This holiday don't serve boring; serve the bold taste of Aidells Hawaiian Meatballs. Made with all natural ingredients, these juicy meatballs are infused with Hawaiian flavors including ginger, soy and bits of real pineapple. Easy to make for your holiday party, they're fully cooked and ready to delight an adventurous crowd.

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FAMILY ROOM



Photograph by Mike Garten; food styling by Sherry Rujikarn.

PLAY WITH YOUR FOOD

Tasty the Snowmen

Do you wanna build a snowman? Whip up these healthy winter treats to cure your kids' cabin fever...or at least tide them over till your next *Frozen* screening



EGG-CELLENT MEN

For each snowman, trim the bottoms of two hard-cooked eggs and stack, using a wooden skewer to hold together. With a toothpick, poke holes for eyes, buttons and mouth; press in peppercorns. Slide raw carrot slices onto the skewer for hat, then add a carrot nose. Use parsley stems as arms. You could even wrap his neck with a roasted red pepper scarf.

FROSTY FRIENDS

To make one, slide three thick banana slices onto a skewer. Use mini chocolate chips for buttons and eyes. Have leftover carrot from the egg snowmen? It's a nose! Top with a hat made from an apple, orange or strawberry slice with a blueberry, cranberry or grape pom-pom. Add pretzel arms, and yum.



HAVE A QUESTION?
E-MAIL PEGGY@
GOODHOUSEKEEPING.COM

If I host a kids' party for my son's birthday, do I need to put out food for the parents who are dropping off and picking up their children? **—ANGELA L.**

NO, YOU DON'T. This is a party for kids, after all, so the key is to keep the focus on them and not worry about entertaining the adults. If you're serving food that is both kid- and parent-friendly and you have enough to go around, it's fine for a parent to snack, but don't feel obligated to prepare a separate grown-up menu. However, if moms or dads are sticking around to help out (determine this ahead of time), offering them something light, like a cheese plate and iced tea, is a nice way to say thank you.

Photographs by Mike Garten; food styling by Sherry Rujikarn.

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EDALLISON1 "Go ahead, say it: 'Cat's in the bag.'" #GHSealofCute

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CAT NAME OF THE YEAR → A survey by pet-sitter booking site rover.com found that the most popular cat name of 2015 was Charlie. Kitty name runners-up? Lily, Bella and Oliver.

Instagram via EdAllison1

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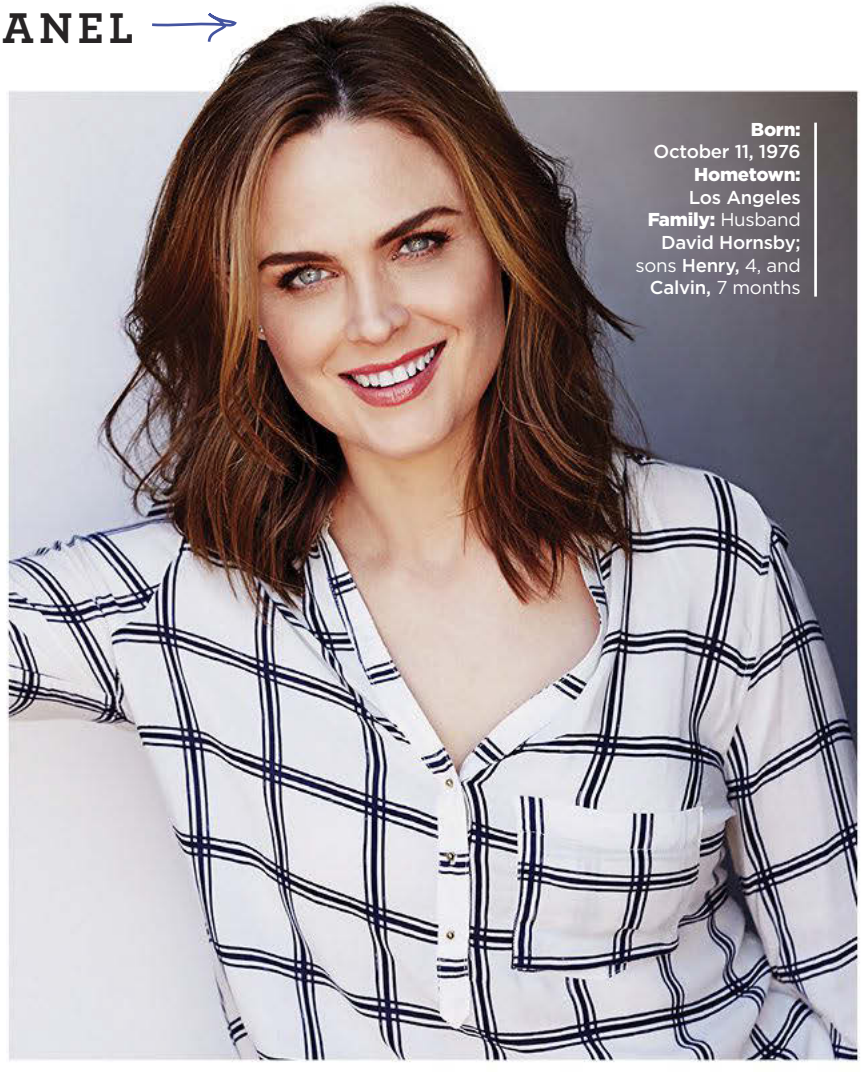
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AT MY HOUSE

with EMILY DESCHANEL

As forensic anthropologist Dr. Temperance Brennan on the Fox hit ***Bones,*** Deschanel helps catch bad guys by studying the bodies they leave behind. In real life, the avowed vegan (and mom) is truly good to the bone, leveraging her fame to champion animal rights.



Born: October 11, 1976
Hometown: Los Angeles
Family: Husband **David Hornsby;** sons **Henry,** 4, and **Calvin,** 7 months

FAVORITE FAMILY RECIPE:
My mom's Spoon bread

Mmm...get the recipe on page 129!

BIGGEST HOUSE DISASTER:
My hair in the morning

HOUSEHOLD CHORE I ACTUALLY ENJOY:
Folding baby clothes They're so cute and little!

I'D DO ANYTHING TO AVOID:
Cleaning up after myself

I LOVE TO SHOP FOR:
Gifts

I HATE TO SHOP FOR:
Myself

MY HANDBAG TODAY IS:
A diaper bag

BUT YOU MIGHT BE SURPRISED TO FIND Keys IN IT!

I'M CURRENTLY READING:
Jeannette Walls "Half Broke Horses"

I HAVE A STYLE CRUSH ON:
Gwen Stefani

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ON MY BUCKET LIST:
Solar panels

PERSONAL MOTTO/MANTRA:
Always order fries for the table

Emily Deschanel

Photograph by Andrew Stiles/Contour by Getty



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